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Vancouver remembers Battle of Vimy Ridge

Memories. Younger generations are determined to pass on memories of First World War assault, 95 years later

KENDRA WONG
vancouver@metronews.ca

War veterans and cadets, young and old, gathered in Victory Square Monday to commemorate those who lost their lives 95 years ago during the Battle of Vimy Ridge, an event seen as a coming of age for Canada as a nation.

"Throughout the world, Canadians are still known and respected for their courage, discipline, sacrifice and humility. They accomplish that which are thought to be impossible tasks ... and we find solutions where none were thought to exist," said Stephanie Nowak, a recipient of the Beaverbrook Vimy Prize to visit European battle sites from the First and Second World Wars.

"Although we may feel that Vimy is forgotten ... I know that (it) is alive and continues to impact generations," she said.

The battle took place in France from April 9-12, 1917, during the First World War. More than 3,500 Canadian soldiers lost their lives.

"It was the beginning of a nation that came of age," said Margery Ekanger, whose father was wounded during the battle. The commemoration has also become a way for younger generations to pay their respects to the soldiers.

Gunner Joe Foster of the 15th Field Artillery Regiment plays Last Post during a Vimy Day ceremony at Victory Square on Monday. People gathered to pay tribute to nearly 3,600 fallen countrymen and to mark the 95th anniversary of the First World War's Battle of Vimy Ridge. DARRYL DYCK/THE CANADIAN PRESS

Reduce, reuse, go vintage

Eco Fashion Week kicks off its fourth season at Robson Square Tuesday night, sporting a vintage theme this year PAGE 4

Will a Brit oust a Bieber?

British teen Conor Maynard has gone from uploading tunes on YouTube to collaborating with Pharrell Williams on a debut album PAGE 17

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Beauty queen's story fuels debate over trans bill

Trans rights. Federal bill could add gender identity and expression to Human Rights Code

KATE WEBB
kate.webb@metronews.ca

Local trans advocate Marie Little is hoping the media controversy surrounding Vancouver beauty queen Jenna Talackova becomes a watershed moment for trans rights in Canada.

Last week in Ottawa, the House of Commons began debating a bill that adds gender identity and gender expression to the list of statuses protected under the Canadian Human Rights Code.

Bill C-279, tabled by Esquimalt-Juan de Fuca NDP MP Randall Garrison, would also amend the Criminal Code to include anti-transgender violence, assault and harassment.

With Talackova now back in the Miss Universe competition and working the U.S. network-talk-show circuit, the nation has been primed to pay more attention to trans rights, said Little, who chairs the Transgender Alliance, a B.C.-wide coalition of 20 trans and ally groups.

"Once all the stuff settles around Jenna and Miss Universe, I think that a number of MPs will be looking at the press coverage of Jenna and saying, 'Which way should I vote on this?'" said Little.

"I think the number of human-rights organizations and so forth who have come out in support of Jenna is going to have an impact on how some MPs vote ... when it comes to that, which it won't for at least a month."

Talackova was disqualified from the Miss Universe Canada pageant on March 23 on the grounds that she did not meet the pageant's requirement contestants be "naturally born" female.

Pageant owner Donald Trump overturned that decision on April 2 after Talackova, who is legally identified as a woman in Canada, threatened legal action.

"She's raised the profile of the trans community, as far as there is a community, and challenged one more rule to discriminate against us," Little said.

Jenna to the world

Miss Universe contestant Jenna Talackova has a boyfriend, but didn't initially tell him she was born male, the transgender Canadian beauty queen said Monday.

In an interview with ABC Television's Good Morning America, Talackova said she and her boyfriend of two and a half years needed to get to know each other as friends before she told him about her sex-change procedure.

"Of course I had to let him know," Talackova said. "He was very supportive, very accepting. He saw me for who I was."

Talackova was asked whether she wants to have children. She replied, without elaborating, "Yes, I want to have two children."

THE CANADIAN PRESS

Beauty contestant Jenna Talackova poses with ABC's Barbara Walters at an interview last Thursday in New York.
HEIDI GUTMAN/THE ASSOCIATED PRESS/ABC

15 years later. Attack survivor to testify at Pickton inquiry

Late one night in March 1997, a sex worker in Vancouver's Downtown Eastside took a john up on what appeared to be a lucrative offer — ride to his farm in the nearby suburb of Port Coquitlam and have sex for $100.

Several hours later, the woman arrived in hospital with life-threatening stab wounds and carrying a knife covered in the blood of Robert Pickton.

The woman, who can be referred to only by the pseudonym Ms. Anderson, will testify Tuesday at a public inquiry into the Pickton case, telling the hearings about her harrowing visit to the Pickton farm 15 years ago and what happened when prosecutors later declined to put the pig farmer on trial for attempted murder.

That attack has become a symbol of everything that could have been done differently as women vanished from the Downtown Eastside in the 1990s and early 2000s, raising the devastating question of how many lives could have been saved, but weren't.

THE CANADIAN PRESS

Stanley Cup playoffs

For Stanley's sake, don't riot

The Vancouver Canucks are once again pleading with their fans to act responsibly as the team heads into the Stanley Cup playoffs.

Canucks Sports and Entertainment says that for every home match, the company will be hosting a pre-game party on a plaza outside Rogers Arena, featuring music by local DJs, contests and face painting.

Canucks COO Victor do Bonis says the team is encouraging everyone to celebrate responsibly throughout the playoffs.

THE CANADIAN PRESS

Fatal joy ride

1 dead, 3 injured in car crash

Police say a car involved in a fatal crash west of Victoria on Monday was reported stolen earlier this morning.

The crash happened just west of Sooke (on West Coast Road) when the speeding car crossed the centre line and nearly hit an RV before slamming into a hydro pole and flipping over in a ditch.

One person in the car was killed and three other occupants were all injured. The driver of the car is in police custody at Victoria General Hospital.

THE CANADIAN PRESS

Experience the Fraser

New trail to link Fraser River parks

The B.C. government is kicking in $1M toward a trail system that will eventually link Hope to the south coast.

The money will go to a program called Experience the Fraser, a plan to connect communities and cultural sites through 550 kilometres of parks and trails along the lower Fraser River.

Metro Vancouver and the Fraser Valley Regional District will use the cash for new parkland, riverfront access and park amenities along the route.

THE CANADIAN PRESS

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On the web

Like a Rolling Stone

At the New York launch of his exhibition Faces, Time and Places, which features his own paintings, guitarist Ronnie Wood talks about the Rolling Stones heading to the studio, his solo projects and art versus music. Watch at metronews.ca

Quick thinking

Students in Washington state stopped a school bus on Monday after the driver lost consciousness, officials say. One seventh grader says he grabbed the wheel while others attempted CPR. Watch at metronews.ca

Mobile news

Considering what happened to the Titanic, it's curious that so many people are fascinated by what its passengers ate. A century after the disaster, books and websites are devoted to the subject. Scan for the full story.

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EVERGREEN

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*Up to a maximum of $40,000.

Camille wears a look by Vancouver's Adhesif Clothing Company, which uses new and recycled fabrics. KATE WEBB/METRO

Eco Fashion Week wears vintage look

Trends. Founder says fashion doesn't have to be about consuming

KATE WEBB
kate.webb@metronews.ca

Reduce, reuse, recycle: Eco Fashion Week is taking the three R's to a whole new level in its fourth season, which kicks off Tuesday night.

A local warming trend known as spring has melted the ice at Robson Square, making it the perfect venue for the opening show, which starts at 7 p.m. and is free and open to the public.

Eco Fashion Week founder Myriam Laroche was one of three designers who came up with the vintage theme for the runway event, featuring looks created entirely by the festival's newest sponsor, Value Village.

"I've been shopping at Value Village forever, always been passionate about it, and the challenge we face when we talk about second-hand clothing is people are disgusted, you know, 'Eww, I don't want to wear it,'" Laroche told Metro during a break from her hectic model-fitting schedule on Monday. "And you're like, 'Wow, why? Why are people reacting like that?' I kind of questioned myself on how to make people see how fabulous it can be."

The looks are, indeed, fabulous. One model, Nadege, stuns in a mustard-coloured dress with gold belt, black lace camisole and fuschia pashmina that could have come from any number of high-priced vintage shops in this city.

Laroche said the trick to expert thrift-store shopping is dedication and an eye for colourful accessories.

"You have to go often, very often, and you have to dig," she said. "I always start with shoes, bags, belts, scarves, like big pashminas, dresses — then I go with what inspires me."

Eco Fashion Week will host ticketed runway events and workshops with local designers from Tuesday until Thursday.

City planning

Mayors unite for the future

Six mayors from cities south of the Fraser River are teaming up to take on what they see as a tough but promising future for the region.

Composed of the mayors from Surrey, White Rock, Abbotsford, Delta, Langley and the Township of Langley, the South of the Fraser Mayor's Committee hopes to present a united front on their many shared issues, and to allow all to benefit from each city's unique attributes.

The Abbotsford Airport is expected to be an important contributor to the region's fortunes, along with ports in Surrey and Delta, and various border crossings with the United States.

"We know that 70 per cent of the growth in Metro Vancouver will take place south of the Fraser," said Surrey Mayor Dianne Watts, a projection she says necessitates co-ordination in the area, especially on transportation.

Langley Mayor Peter Fassbender also identified public transit as a key issue for the committee. "We needed to have a concerted front, as a region, over issues like TransLink."

The committee had its first meeting last Thursday, and plans to release its first action plan later this year.

GRAHAM TEMPLETON/FOR METRO

Downtown Eastside.
Groups call on council to stop gentrification

Community groups and local coalitions are calling for Vancouver Mayor Gregor Robertson and city councillors to stop the gentrification of the Downtown Eastside that could result in the displacement of thousands of residents, an organizer said Monday.

According to DTES Not for Developers Coalition organizer Ivan Drury, the city's current anti-displacement policy prevents major condo developments from taking over designated social-housing units.

"The entire low-income community is vulnerable, with as many as 10,000 people. Most immediately, we're concerned about the 5,000 people living in low-income housing units — worried that they will lose their homes to higher-income people," said Drury.

Social-housing advocates are specifically concerned about the Oppenheimer District, where approximately 80 per cent of residents are living on welfare or basic old-age security.

The groups have extended invitations to the mayor and 10 city councillors.

"We think it's important that council realize that crisis is happening now and if they don't take action now to slow down development and improve social housing, there will be a massive displacement," Drury said.

Mayor Robertson did not respond before Metro's deadline.

KENDRA WONG/FOR METRO

Medical tourism.
Researchers want feds to track Canuck patients

A group of SFU researchers is calling on the government to start tracking Canadians who go abroad for medical care.

"There is literally no way to know how many people are doing this," Valorie Crooks, a leader of the SFU Medical Tourism Research Group (MTRG), said.

Though it is impossible to know exactly how many, large numbers of Canadians are receiving medical and dental procedures in countries like Mexico and India, which often advertise specifically to Canadians.

The effects of this practice can be far-reaching.

"You have patients being exposed to different diseases and hospital environments around the world," Crooks said. "We've seen that through the spread of NBM-1 from India to other countries, in part by medical tourists."

Critics also say that medical tourism diverts resources away from the local populations, lures health workers in these destinations away from the public sector, and subjects patients to medical standards that are well below those in Canada.

Americans and Canadians look beyond their own borders for a multitude of reasons, including prices, wait times and access to experimental drugs or procedures.

GRAHAM TEMPLETON/FOR METRO

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HWY: 5.7L/100KM Optima SX
CITY: 8.7L/100KM Turbo shown

LEASE IT FROM $267◂ PER MONTH FOR UP TO 48 MONTHS | AT 2.9% APR

$2,199 down payment. Offer includes delivery, destination and fees of $1,927 and **$1,000** lease savings‡.

DARE TO COMPARE	2012 KIA OPTIMA LX A/T	2012 Honda Accord SE A/T	2012 Toyota Camry LE A/T
Horsepower (hp)	200	177	178
Torque (lb.-ft.)	186	161	170
Automatic Transmission	6 Speed	5 Speed	6 Speed

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Sorento SX shown

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BASED ON A PURCHASE PRICE OF $28,367.

DARE TO COMPARE	2012 KIA SORENTO LX AT FWD (4-CYL)	2012 Honda CR-V FWD LX 2WD (4-CYL)	2012 Ford Escape 2.5L XLT FWD (4-CYL)
Horsepower (hp)	191	185	171
Torque (lb.-ft.)	181	163	171
Towing Capacity (lbs)	1,650	1,499	1,499
Overall Interior Volume (L)§	2,987	2,949	2,818
17" Alloy Wheels	✓	✗	✗

HWY: 6.2L/100KM
CITY: 9.5L/100KM

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MOTORING 2012

Rio5 SX shown

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$1,495 down payment. Offer includes delivery, destination and fees of $1,827 and **$500** lease savings.

DARE TO COMPARE	2012 KIA RIO 5DR LX M/T	2012 Toyota Yaris LE M/T	2012 Ford Fiesta S M/T
Horsepower (hp)	138	106	120
Torque (lb.-ft.)	123	103	112
Fuel Economy - HWY	4.9L/100km	5.2L/100km	5.1L/100km
Power Windows	✓	✗	✗
Steering Wheel Audio Controls	✓	✗	✗
Heated Sideview Mirrors	✓	✓	✗

HWY: 4.9L/100KM
CITY: 6.6L/100KM

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Offer(s) available on select new 2011/2012 models through participating dealers to qualified customers who take delivery by April 30, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. *Optima 3 Payments On Us offer is available on approved credit to eligible retail customers who finance or lease a new 2011/2012 Optima or Optima Hybrid from a participating dealer between April 9 - April 15, 2012. Eligible lease and purchase finance (including FlexChoice) customers will receive a cheque in the amount of 3 payments (excluding taxes) to a maximum of $400/month. Lease and finance (including FlexChoice) purchases are subject to approved credit. Customers will be given a choice between up to $1,200 reductions from the selling/leasing price after taxes or dealer can issue a cheque to the customer. Some conditions apply. See your dealer for complete details. **0% purchase financing is available on select 2012 Kia models on approved credit (OAC). Terms vary by model and trim; see dealer for complete details. Representative financing example based on 2012 Sorento (SR75B) with a selling price of $28,367 (includes delivery and destination fees of $1,650, other fees and certain taxes (including tire levies) and A/C tax ($100, where applicable)) financed at 0% APR for 60 months. Monthly payments equal $409 with a down payment/equivalent trade of $2,799. License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA and registration fees are extra. Cost of borrowing of $0, for a total obligation of $28,367. Financing example excludes $1,000 loan savings (see below) that is deducted from the negotiated selling price before taxes. Retailer may sell for less. See dealer for full details. ***"Don't Pay for 90 Days", on select models (90-day payment deferral) applies to purchase financing offers on select 2011 and 2012 models on approved credit (OAC). (2011/2012 Sport tage/Sorento/Sedona/Borrego excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. ◂Lease offer available on approved credit (OAC) on 2012 Optima (0P54C)/2012 Rio5 (RB55C) is based on monthly payments of $267/$180 (includes delivery and destination fees of $1,455, other fees and certain taxes (including tire levies), A/C tax ($100, where applicable), $350 lease service fee and a lease savings) for 48 months at 2.9%/1.9% with a $2,199/$1,495 down payment/equivalent trade, security deposit and first monthly payment due at lease inception. Total lease obligation is $35,023/$10,314 with the option to purchase at the end of the term for $10,056/$6,582. Lease has 16,000 km/year allowance (other packages available and $0.12/km for excess kilometres). Other taxes, registration, insurance, licensing and variable dealer administration fees (up to $699) are excluded. ^Loan savings for 2012 Kia Sorento LX AT (SR75BC) is $1,000 and is available on purchase financing only on approved credit (OAC). Loan savings varies by model and trim and are deducted from the negotiated selling price before taxes. ‡Loyalty Bonus offer available on 2012 Optima (0P54C) at a value of $500 for any current Kia owners towards the purchase or lease of a new 2012 Optima (0P54C) by April 30, 2012. Loyalty Bonus offer applicable to cash purchase, lease and purchase financing only and will be deducted from the negotiated price before taxes. Offer is transferable within same household only (must provide proof of address). Limit of one Loyalty Bonus per customer or household. Certain restrictions apply. See dealer for details. §Compare against maximum cargo capacity when 2nd row seats are folded. 2012 Kia Sorento LX AT vs. 2012 Honda CR-V FWD LX 2WD (4-CYL). ^2012 Kia Sorento awarded the Top Safety Pick by the Insurance Institute for Highway Safety. Visit iihs.org for full details. ◂Highway/city fuel consumption of these vehicles may vary. These estimates are based on Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's *EnerGuide fuel Consumption Guide*. Your actual fuel consumption will vary. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Reproduction of the contents of this material without the expressed written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research. KIA is a trademark of Kia Motors Corporation.

Foreign help expected after fatal avalanche

Needless deployment?

Questions surface about need for military in isolated mountain region of Pakistan

In this Feb. 19 file photo, Pakistani soldiers with the 20th Lancers Armoured Regiment carry supplies up the 2,400-metre mountain near their outpost in Pakistan's Dir district. ANJA NEIDRINGHAUS/THE ASSOCIATED PRESS

An avalanche that buried more than 120 soldiers in a Himalayan region close to India has put a spotlight on what critics say is one of world's most pointless military deployments: two poverty-wracked nations engaged in a costly stand-off over control of an uninhabitable patch of mountain and ice.

Since Saturday morning when the massive wall of snow engulfed a Pakistani military complex close to the Siachen Glacier, rescue teams have been unable to dig up any survivors. There is now very little hope that even a small number of people will come out alive.

A team of U.S. military experts was expected to arrive at the site Monday to assist in the rescue efforts, according to an American official.

The team flew in from Afghanistan after the Pakistani army asked for help, the official said on condition of anonymity because he was not authorized to brief the media.

The U.S. military helped Pakistan after the 2005 Kashmir earthquake and floods in 2010, ventures that Washington used to bolster efforts to strengthen its ties with Islamabad, vital in the fight against al-Qaida.

THE ASSOCIATED PRESS

Journalist killed.

Fighting in Syria spills across the border

Syrian forces opened fire across two tense borders Monday, killing a TV journalist in Lebanon and wounding at least six people in a refugee camp in Turkey on the eve of a deadline for a ceasefire plan that seems all but certain to fail.

A witness at the Turkish camp said he saw two refugees killed, although that account could not be independently confirmed.

Across Syria, activists reported particularly heavy violence, with more than 125 people killed in the past two days.

In the United States, the Obama administration expressed outrage at the violence spilling over the frontiers, saying the Syrian government appeared to have little commitment to the peace plan negotiated by former UN chief Kofi Annan.

The latest bloodshed was a sign of how easily Syria's neighbours could be drawn into a regional conflagration as President Bashar Assad's crackdown on a year-old uprising becomes increasingly militarized, despite desperate diplomatic efforts.

Annan brokered a deal that was supposed to begin with Syria pulling its troops out of population centres by Tuesday morning, with a full ceasefire by both sides within 48 hours. But hopes for the plan collapsed after a fresh wave of violence and new demands by the regime for written guarantees that the opposition will lay down arms first.

THE ASSOCIATED PRESS

Paying the price

The costs of the government crackdown continue to escalate

- The UN estimates some 9,000 people have been killed in Syria since March 2011, when the uprising began with mostly peaceful protests against Assad.
- Turkey shelters some 24,000 Syrian refugees, including hundreds of army defectors, and has floated the idea of setting up a buffer zone inside Syria.

Getting it right

Joseph Stalin museum recast

A museum that has honoured Josef Stalin in Georgia since 1937 is being remodelled to exhibit the atrocities that were committed during the Soviet dictator's fierce tenure in power.

Georgian Culture Minister Nika Rurua said Monday that his nation, which became independent in 1991, can no longer host a museum "glorifying the Soviet dictator."

Stalin was born Josef Dzhugashvili in the central Georgian town of Gori in 1879, and the museum opened here in 1937, at the height of purges that were later dubbed the Great Terror.

The gigantic museum includes the house where Stalin was born and some 47,000 exhibits, including his personal belongings and death masks.

According to the prominent Russian rights group Memorial, Stalin ordered the deaths of at least 724,000 people, while millions died as a result of the forced-labour system in gulags, the Soviet prison system.

THE ASSOCIATED PRESS

Australia-bound

Migrants fleeing war-torn Afghanistan plucked from boat by Indonesia

Indonesia says it has rescued 120 Afghan migrants from a leaking wooden ship headed to Australia.

An official named Joko from the National Search and Rescue Agency says the group received a distress call from the ship's captain on Sunday and went to their aid. The Afghans were taken by tanker to a port on the western side of Indonesia's Java Island.

Witnesses said Monday that police were still negotiating with the migrants who were refusing to leave the tanker.

Joko says they will be handed over to immigration officers. Migrants without legal documents are usually deported home while others may apply for asylum.

Migrants from conflict-ridden countries have long used Indonesia's thousands of islands as a transit point for their way to Australia.

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Torque (lb.-ft.)	186	161	170
Automatic Transmission	6 Speed	5 Speed	6 Speed
Fog Lights	✓	✗	✗
Power Driver Seat	✓	✓	✗
Heated Seats	✓	✗	✗

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Dog caught by snare in Halifax public park

Search conducted.
Weekend incident has pet owners worried

JENNIFER TAPLIN
Metro in Halifax

A border collie was caught in a snare in a Halifax park over the holiday weekend.

Frank Zinck was walking his two dogs in Shubie Park on Saturday when he noticed a border collie with a wire snare around its neck. The dog's owner didn't notice the wire, since it was buried in the deep fur.

"I bent down to pet him and got a little jab from the wire. I realized he had a snare around his neck," Zinck said.

Zinck, who has hunting experience, said he doesn't think it was a rabbit snare. He said the wire was too thick and a dog would never be able to get its head in a rabbit snare, which is about the size of a fist.

Frank Zinck holds the snare he found on a dog in a Halifax park last weekend. PHILIP CROUCHER/METRO

"To me, this was deliberately set for dogs. I'm convinced of it."

Zinck said the dog's owner was really concerned and told him he only lets his dog off leash in Shubie Park.

"The only thing that saved that border collie was he got caught and struggled and it was his freaking out and twisting motion that broke the end off it," Zinck said.

He added the dog's long fur kept the snare from doing too much damage. The wire was fully around the dog's neck, but the end of it was hanging down by its chest.

Zinck wasn't the only dog owner concerned about snares hiding in a very popular public park.

"I think that's terrible," said Valerie Lowe of Dartmouth, who walks her border collie every day in Shubie Park. "It's a park for children and dogs off leash. They could really get injured."

East Dartmouth-The Lakes Coun. Darren Fisher was out with others searching Shubie Park Monday afternoon for more snares.

"We're kicking through the bushes to see if this was a one-off or if someone is out there trying to hurt dogs."

But they didn't find anything in the huge, wooded park.

Marking the Queen's 60 years on the throne

A sculptor at Madame Tussauds London puts the finishing touches on the new wax figure of Queen Elizabeth II, which will portray Her Majesty as she appeared in the official jubilee portrait photograph released in December 2011. MADAME TUSSAUDS/THE ASSOCIATED PRESS

Next question

Expert asks: What can the F-35s do?

An expert who's tracked the controversial F-35 stealth-fighter program says the Canadian government is not going far enough — and should conduct a thorough audit of what the new jet can and cannot do.

Winslow Wheeler, of the Washington-based Centre for Defence Information, says the debate following last week's auditor general report needs to move beyond the eye-popping cost and muddied procurement process.

The Harper government last week committed to reviewing the acquisition and sustainment costs of the F-35, among other things.

Wheeler, who's testified before Parliament and spent years working for the U.S. General Accounting Office, says auditor general Michael Ferguson's report was actually tame, and what's needed now is an independent, fact-based analysis of the claims made by the manufacturer.

THE CANADIAN PRESS

Sperm donors. Canadian clinics lack enforcement, Toronto filmmaker says

A Toronto filmmaker claiming to share a single sperm donor with 1,000 siblings says a similar situation could happen in Canada today.

He says the late Bertold Wiesner, an Austrian Jew who ran a fertility clinic in England, was not only his biological father, but a dad to hundreds of others.

"This story could never happen again in England, but it could happen and is happening in Canada," said Barry Stevens.

Stevens, an award-winning documentary filmmaker, has been chronicling his journey to find his biological father, a radical scientist he once described as the "mystery masturbator."

Over the past decade, DNA tests conducted on 19 children conceived at the London fertility clinic revealed two-thirds of them were fathered by Wiesner.

If that ratio holds true for the 1,500 children conceived in the clinic between 1943 and 1962, the number of Wiesner's progeny could be 1,000.

Earlier this month, the Conservative government scrapped Assisted Human Reproduction Canada, a regulatory agency supposed to monitor reproductive technologies. The shutdown of the agency will save taxpayers $10 million a year, but critics are questioning what will take its place to monitor the rapidly expanding — and largely lawless — fertility field.

TORSTAR NEWS SERVICE

Behind Wiesner

- **Motivation?** Stevens isn't sure what motivated Wiesner, who died in the early 1970s, to sire so many children.
- **Documentaries.** In 2001, Offspring, Stevens' documentary, was nominated for an Emmy. Bio-Dad, released in 2009, was greeted with similar fanfare.
- **In the words of.** "I think he was motivated by wanting to help families and scientific curiosity," said Stevens, 59, of Wiesner's dedication to dissemination. "Who knew — maybe as a Jew he thought (expletive) to the Nazis."

Investigation. Canadian navy may be linked to endangered orca's death

The corpse of a young killer whale whose death may be linked to Canadian war games has prompted an investigation by U.S. authorities.

The body of the southern resident orca — an endangered species in the United States — was discovered on Long Beach in Washington state in February, just days after HMCS Ottawa conducted sonar training exercises in the waters off Victoria.

A preliminary examination indicated significant trauma around the head, chest and right side of the orca known as L112, but results of necropsy and pathology tests and a scan of the animal's head are incomplete. Just hours after the navy sonar tests were heard, southern resident killer whales were spotted in the same area in the Haro Strait that divides Canada and the United States.

The law-enforcement office of the U.S. National Oceanic and Atmospheric Administration, or NOAA, has launched an investigation into the death. Brian Gorman, with NOAA's National Marine Fisheries Service, said investigators haven't made a connection between the naval exercise and the death of the whale.

THE CANADIAN PRESS

The body of a three-year-old female killer whale washed up on Long Beach, Wash., in February. Experts are trying to find if sonar testing by a Canadian naval ship may have contributed to the death. CASCADIA RESEARCH/CONTRIBUTED

Tuition hikes

Massive student protest planned

Students are fighting Quebec's plan to raise tuition by nearly 75 per cent over five years — a jump that would still leave provincial tuition among the lowest in Canada.

Protest organizers also say they are planning a massive demonstration in Montreal for this Saturday — to mark the ninth anniversary of Jean Charest's election as premier on April 14, 2003.

THE CANADIAN PRESS

Alleged stalker

Quebecer arrested near actor's home

New York City police are confirming they have arrested a Quebec woman for allegedly stalking actor Alec Baldwin.

A police spokesman says Genevieve Sabourin was arrested last night at Baldwin's Manhattan home. She was arrested and charged with aggravated harassment and stalking. Sabourin has not yet been arraigned.

THE CANADIAN PRESS

Patriarch passes

Alberta oilsands opponent dies

Eco-warrior to some, terrorist to others, Wiebo Ludwig was for decades a polarizing figure in the debate over northern Alberta's oil and gas industry.

Ludwig died Monday at the age of 70 after a battle with esophageal cancer.

Long before celebrities such as James Cameron took up their genteel fight against oilsands development, Ludwig waged war against the energy industry from his home at Trickle Creek. THE CANADIAN PRESS

Delayed

Track troubles stall Via Rail train

A VIA Rail train stranded in Hinton, Alta., for just under 11 hours resumed travelling to Vancouver early Monday.

About 130 passengers were on board the westbound train when it had to stop after CN crews detected breaks in the tracks. VIA spokesman Malcolm Andrews said track damage is not uncommon at this time of year.

THE CANADIAN PRESS

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Working to save trapped miners in Peru

Workers cut logs during the rescue operation to save nine trapped miners at the Cabeza de Negro gold and copper mine in Yauca del Rosario, Peru, Monday. Peruvian authorities say nine miners trapped since April 5 are being supplied with sports drinks, soup and food while emergency responders work to free them.

MARTIN MEJIA/THE ASSOCIATED PRESS

No grand jury in Trayvon shooting

Neighbourhood-watch incident.
Decision on whether to charge unarmed teen's shooter in hands of special prosecutor

A grand jury will not look into the Trayvon Martin death, a U.S. special prosecutor said Monday, eliminating the possibility of a first-degree murder charge and leaving the decision of whether to charge the teen's shooter in her hands alone.

Angela Corey said her decision had no bearing on whether she would file charges against George Zimmerman, the neighbourhood-watch volunteer who has said he shot the unarmed black teen in self-defence.

Corey could still decide to charge him with a serious felony such as manslaughter, which can carry a lengthy prison sentence.

The case has led to protests across the U.S. and spurred a debate about race and the laws of self-defence. Martin was black; Zimmerman's father is white and his mother is Hispanic.

Zimmerman has claimed self-defence in the Feb. 26 confrontation and shooting. Florida's self-defence law gives wide leeway to use deadly force and eliminates a person's duty to retreat in the face of danger.

Trayvon Martin. MARTIN FAMILY/THE ASSOCIATED PRESS

A grand jury had been set to meet Tuesday. Corey has long had a reputation for not using grand juries if not necessary. In Florida, only first-degree murder cases require the use of grand juries.

Corey's decision means she doesn't have to rely on potentially unpredictable jurors, said David Hill, an Orlando criminal defence attorney.

"Let's give her the benefit of the doubt. Maybe she knows there isn't enough for first-degree murder but she wants to maintain control and charge him with something else," Hill said. "What does she need a grand jury for? She cuts out the unpredictability of the grand jury. She goes where she feels she has more evidence."

Corey took over the case last month after the prosecutor who normally handles cases out of the city of Sanford recused himself. That prosecutor, Norm Wolfinger, had originally called for the case to be presented before a grand jury.

"From the moment she was assigned, Ms. Corey noted she may not need a grand jury," said a statement from Corey's office.

Prosecutors sometimes use grand juries to avoid the political fallout from controversial cases. But Corey was elected by voters more than 160 kilometres away, so political problems are less of an issue, Hill said.

An attorney for Martin's parents said in a statement that he is not surprised by the decision to avoid the grand jury and hopes a decision is reached soon.

"The family has been patient throughout this process and asks that those who support them do the same," said attorney Benjamin Crump.

THE ASSOCIATED PRESS

Crime

Suspects in court following Tulsa shooting spree

Two Oklahoma men suspected in a shooting rampage that left three people dead and terrorized Tulsa's African-American community made their first court appearance Monday.

Jake England, 19, and Alvin Watts, 32, appeared via closed-circuit TV.

The judge set their bond at $9.16 million US apiece.

Both are being held on suspicion of three counts of first-degree murder, two counts of shooting with the intent to kill and one count of possession of a firearm in the commission of a felony. They will be formally charged at a later date. Neither had an attorney present. Their next appearance is set for April 16.

Police have identified both suspects as white, while all five victims in Friday's shootings were black. Police say it's too early to say whether the attacks in Tulsa's predominantly black north side were racially motivated.

THE ASSOCIATED PRESS

Jury selection starts in killing of Oscar winner's relatives

A judge will question would-be jurors as jury selection begins in earnest at the Chicago trial of the man accused of murdering singer and Oscar-winning actress Jennifer Hudson's mother, brother and nephew.

Hudson, who was not in Chicago at the time of the killings, told investigators she was in touch with her mother almost every day and became concerned when she couldn't reach her by late morning on Oct. 24, 2008.

Hours later, the bodies of her mother, Darnell Donerson, 57, and brother, Jason Hudson, 29, were found shot to death in the family home. The body of her seven-year-old nephew, Julian King, was found days later in a sport utility vehicle several kilometres away.

Selecting 12 jurors and six alternates able to set aside sympathy for the Hollywood star and assess guilt only according to evidence presented in court against William Balfour could pose a challenge.

It's expected to take two or three days to make final selections from among 150 prospective jurors.

Judge Charles Burns will aim to weed out anyone who might be swayed by the 30-year-old Hudson's celebrity, though he's unlikely to automatically exclude Hudson fans if they can convince him their biases won't affect their deliberations.

If convicted, Balfour, who is also 30, faces a maximum life sentence. His lawyers have said the evidence is circumstantial; prosecutors say the proof includes gun residue. THE ASSOCIATED PRESS

Testimony begins April 23

Court officials say Hudson is expected to attend every day of the trial.

- Hudson is on a 300-name list of potential witnesses, though it's not certain she will testify.
- Nine of 66 questions on a questionnaire the would-be jurors filled out dealt with Hudson's career.

Jennifer Hudson arrives before the 83rd Academy Awards in February 2011 in Hollywood. CHRIS PIZZELLO /THE ASSOCIATED PRESS

No one killed

U.S. navy will compensate victims of military jet crash

U.S. navy officials say they will begin providing compensation right away to those affected by Friday's military jet crash into a Virginia Beach apartment complex.

Initial payments will begin at $2,300 US for an individual resident, with more going to residents with families.

Dozens of apartment units were destroyed when the F/A-18D Hornet careened into the Mayfair Mews apartment complex.

Residents won't be permitted onto the site until the cleanup is complete.

THE ASSOCIATED PRESS

Dame Grand Cross

Camilla gets highest female rank in Royal Victorian Order

Queen Elizabeth has appointed the Duchess of Cornwall to the highest female rank in the Royal Victorian Order, Buckingham Palace said Monday.

The announcement that Camilla has been made a Dame Grand Cross comes on the day of her seventh wedding anniversary with Prince Charles.

Awards under the Royal Victorian Order are given by the Queen to people who have served her or the monarchy in a personal way. They are bestowed independently of the prime minister's office.

THE ASSOCIATED PRESS

Serbia

Clashes over permanent housing for Roma people

Fourteen people have been injured in clashes between policemen and stone-hurling rioters protesting the building of a Roma settlement in a Belgrade, Serbia, suburb.

Police said 12 officers and two protesters were hurt in the clashes in the village of Resnik on Sunday. About 20 protesters were arrested.

Police were trying to protect the construction of a permanent housing settlement for the Roma, who are to be moved from their slum in downtown Belgrade.

THE ASSOCIATED PRESS

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LeafSource stops customers pain within days!

"It works! I'll take another two bottles please!"

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of the health food store couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. *"I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again"* said Ian.

Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. *"She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there."* Ian goes on, *"This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided."*

By now you are probably wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis.

This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief!? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function.

To see someone go from intense pain to a new lease on life within a week is truly

incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, *"I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."*

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MOVIN' ON UP TO A DELUXE

Thinking of retiring on Mars? It could be a thing of the not-too-distant future, but blasting off remains expensive, and not a priority for earthly governments

ELISABETH BRAW
Metro World News

Astronauts can live in space for six months, so what's to stop others from spending half a year there, too? Or living there permanently?

Very little.

"An American millionaire who has made a fortune on hotels is already trying out inflatable space stations for use as space hotels," notes Chris Welch, lecturer in astronautics and space systems at the International Space University in Strasbourg, France.

"Once we have hotels in space, living in space won't be very far away."

The millionaire, Robert Bigelow, runs the company Bigelow Aerospace, whose space capsules will provide long-term accommodation for up to six people.

Galactic Suites also plans space hotels, while Richard Branson's Virgin Galactic intends to launch short-term space flights to lower orbit.

PayPal co-founder Elon Musk, who now runs space-exploration company SpaceX, says he'd like to retire on Mars.

And at universities around the world, researchers are designing the buildings, furniture and even games for humans in space.

The human colonies could float in lower orbit, as does the International Space Station, or even be built on the moon.

But even though the science and engineering exists, outer space remains uninhabited by humans.

"It's not a technical problem, but a political one," explains Larry Bell, professor of space architecture at the University of Houston.

"Politicians are trying to fix the economy and national and international problems, so space isn't a priority. It's seen as too expensive."

Launching a spacecraft carries a price tag of some $10,000 per kilo.

Space agencies and private companies, however, are undeterred. NASA is even developing new space food for the expected increase in space travellers.

"Because there's no gravity, you can't even fry an egg in space," explains Alvin Drew, a NASA astronaut and head of NASA's advanced exploration systems habitat demonstration unit.

"But until now, the space food could only last for one to two years. Just going to Mars takes 18 months. So our food laboratory is developing new ways of cooking in space. It's still prepared food. But if you inject it into liquid you get a meal that's tastes very good. I just ate a space steak that tasted just like the real thing."

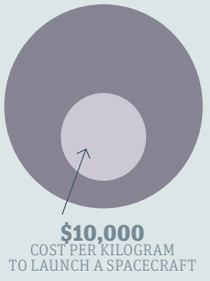
In the end, leaving Earth may become a necessity.

"Building space colonies will increase our chances of surviving," says Welch.

"Space exploration is humans' insurance policy."

Weighing the cost

Space — cheaper than gold!



Reluctant investors

Big space, little interest

The University of Houston's world-famous space-architecture program, headed by Larry Bell, has developed many of the buildings and furniture that could be used in space colonies.

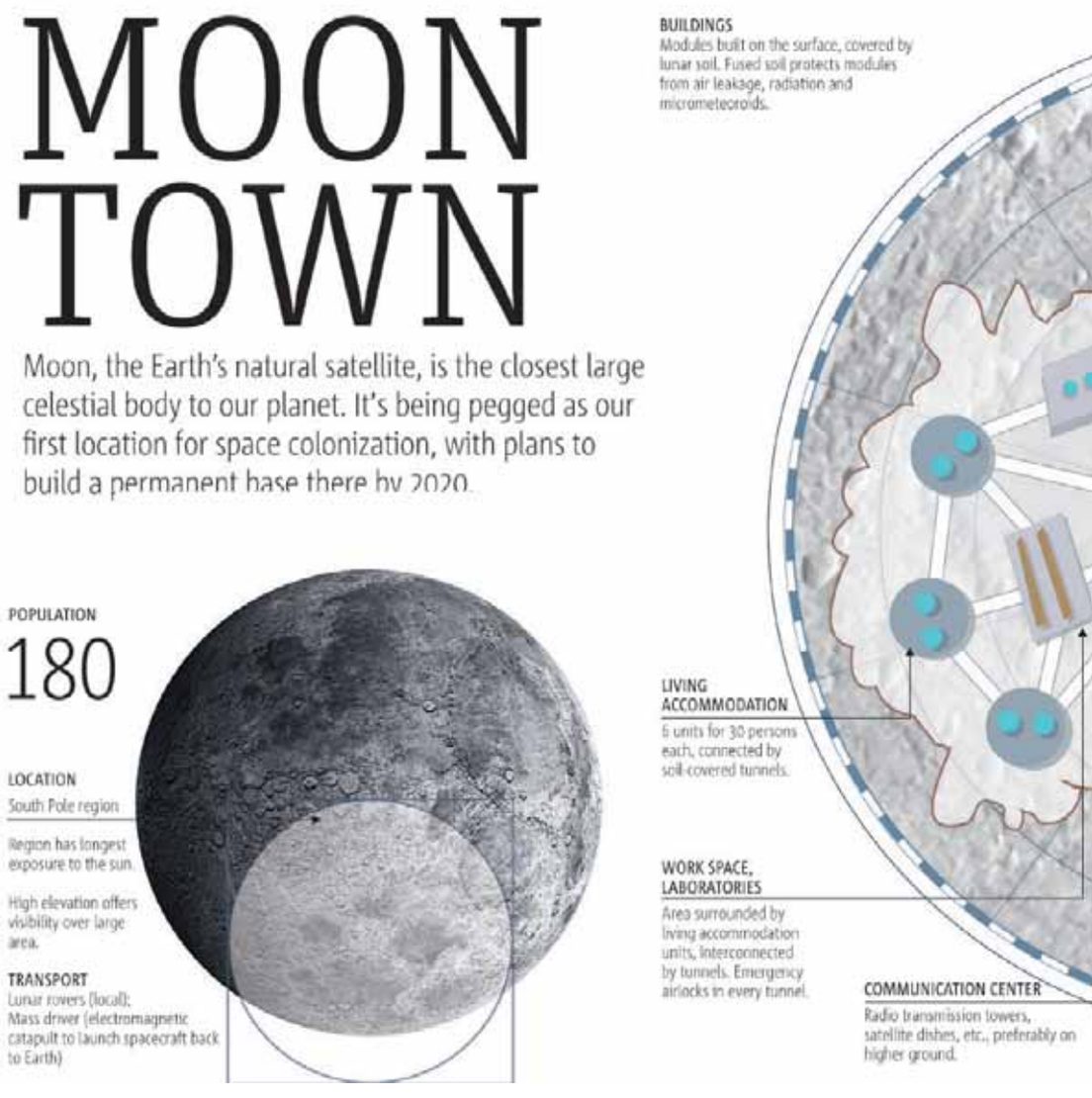
But, says Bell, the number of applicants to the program has been dropping for the past several years.

"Young people see no future in space exploration," he notes.

That's because, five decades after John F. Kennedy announced the U.S. would send a man to the moon, the space race with the Soviet Union is over and politicians are reluctant to make major investments in space.

"Space isn't expensive compared to other things we spend money on," reflects Bell. "But as far as governments go, space now seems to be perceived as a burden."

ELISABETH BRAW/
METRO WORLD NEWS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Modules built on the surface, covered by lunar soil. Fused soil protects modules from air leakage, radiation and micrometeoroids.
LIVING ACCOMMODATION
6 units for 30 persons each, connected by soil-covered tunnels.
WORK SPACE, LABORATORIES
Area surrounded by living accommodation units, interconnected by tunnels. Emergency airlocks in every tunnel.
COMMUNICATION CENTER
Radio transmission towers, satellite dishes, etc., preferably on higher ground.

Thrusters on full: Sex in space

Anybody who has seen Barbarella or Flash Gordon will know that space is a sexy place, populated with lustful aliens and new possibilities.

But having a sex life in space is not as straightforward as Hollywood suggests, and would represent a giant leap for mankind. With Earth's resources diminishing, humans need space. They also need sex, and the species' survival may depend on erotic breakthroughs on these, the big questions.

Has anyone had sex in space? Leia and Han try to make time. 20TH CENTURY FOX

Has anyone had sex in space?

Nobody's admitted it, although cheeky California scientist Dr. Rhawn Joseph says there are rumours of a couple "sealing the deal" on the International Space Station. In 1991, Jan Davis and Mark Lee became the first married couple to fly together, breaking NASA rules designed to keep team harmony, but they are believed to have resisted temptation.

Is it even possible?

"The fantasy might be vastly superior to the reality," says spoilsport NASA physician Jim Logan, pointing to motion sickness and the "messy environment" it would create. In 2000, French science writer Pierre Kohler claimed that NASA had been testing zero-gravity sex in different positions but it was revealed to be a hoax. NASA says it has never conducted any such research but is not against sex in principle, as long as astronauts have "a constant commitment to honourable behaviour."

What is the best space-sex tech available?

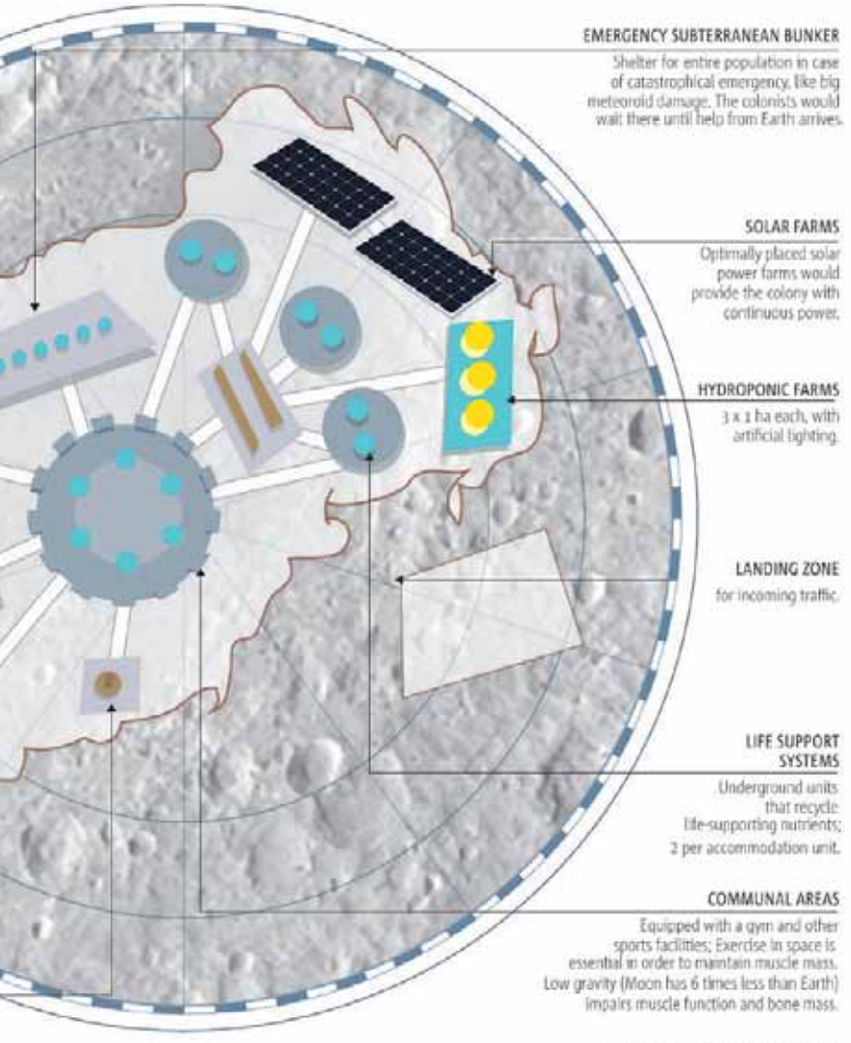
Probably actress/writer Vanna Bonta's "2 Suit," which uses light, flexible material that a couple can share playtime in. "Sex in space is not just a good idea, it's survival," said our hero. Real-estate billionaire Robert Bigelow is also ahead of the game with his Genesis prototype space hotel.

Could a baby be born in space — and would it be human?

Yes and no. "If you put an infant on Mars, they would adapt to the new environment," says Joseph, a neuroscientist. "And after several generations, you'd have a new species."

KEIRON MONKS/METRO WORLD NEWS

APARTMENT IN THE SKY


EMERGENCY SUBTERRANEAN BUNKER
Shelter for entire population in case of catastrophical emergency, like big meteoroid damage. The colonists would wait there until help from Earth arrives.
SOLAR FARMS
Optimally placed solar power farms would provide the colony with continuous power.
HYDROPONIC FARMS
3 x 1 ha each, with artificial lighting.
LANDING ZONE
for incoming traffic.
LIFE SUPPORT SYSTEMS
Underground units that recycle life-supporting nutrients; 2 per accommodation unit.
COMMUNAL AREAS
Equipped with a gym and other sports facilities; Exercise in space is essential in order to maintain muscle mass. Low gravity (Moon has 6 times less than Earth) impairs muscle function and bone mass.

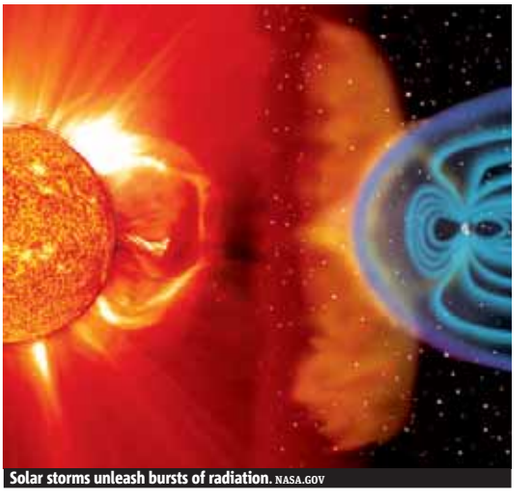
GRAPHIC: MIA KORAB, TEXT: DANIEL DENISIUK

Seeking shelter from the storms in space

Just as Earth has sun and wind, so does space. In fact, the space weather presents a crucial challenge to human habitation.

"Space weather is not about sun and wind," explains Dr. John Farrow, professor of space applications at the International Space University. "It's about plasma and radiation. But it does have as much variation as our weather down here. In the most extreme circumstances, the weather can terminate a space mission."

The space equivalent of rain is radiation, which rains down on astronauts and forces them to carry "umbrellas" — radiation-proof space suits — or stay inside their capsule.



Solar storms unleash bursts of radiation. NASA.GOV

Weather everywhere

"Space weather is not about sun and wind. It's about plasma and radiation. But it does have as much variation as our weather down here."
Dr. John Farrow,
professor of space applications,
International Space University

"But just like a regular umbrella doesn't fully protect against rain, a 'space umbrella' doesn't fully protect against radiation," notes Farrow. "And the problem with radiation is that you can't see it."

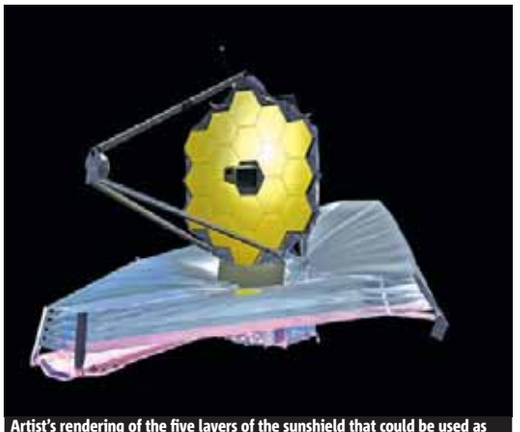
Radiation, of course, causes chronic illnesses like cancer.

"On the moon you have no protection against space weather," explains Prof. Alex Ignatiev, director of the Center for Advanced Materials at the University of Houston.

"If we're going to live there, we'd need a one-to-two-metre-thick layer of lunar sand on top of the capsule. Lunar sand absorbs radiation from the sun. Mars would be a little easier because it has a bit of atmosphere. But space weather is a major challenge."

On the other hand, the moon has water, and is easily accessible from Earth. But if humans are to establish space colonies, they have to design space suits that will provide complete protection against radiation.

They also have to design space capsules that can withstand sudden weather changes and fluctuating temperatures.



Artist's rendering of the five layers of the sunshield that could be used as a space "umbrella." NASA.GOV

Not surprisingly, space agencies have entire teams dedicated to space weather, but they face a daunting task: Creating weather-proof gear that weighs very little. Weight is an essential issue as each kilo of payload costs $10,000 to launch into space.

In the meantime, space agencies have developed a new capability — and one that will be extremely useful even to us earthlings: Space-weather prediction.

"They can tell what's coming and issue an alarm to companies operating satellites," says Farrow.

"If the companies don't react, the satellites can be destroyed."

That would mean no cellphone calls, no satellite-beamed TV, no cloud-computing.

ELISABETH BRAW/METRO WORLD NEWS

Q&A

'Next stop will be the moon'

A Q&A with Alvin Drew, director of NASA's advanced exploration systems habitat demonstration unit.

When will we live in space?
Our goal is to explore Mars within 25 to 30 years. To reach that goal, we'll start by exploring asteroids, and keep exploring the moon. And to do so, we need human habitats on the Moon and these asteroids.

What will habitats look like?
Very different from the International Space Station. They won't look different on the outside, but the difference is that the ISS is in lower orbit, within Earth's magnetic field, which protects us from radiation. A habitat farther away from Earth needs huge radiation protection. And farther away from Earth there's never a sunset, so your body doesn't know what time of the day it is. Then there are speed delays: Even if you're communicating at the speed of light, a signal takes 20 minutes to reach Earth. That's very different from the ISS, where we have cameras that literally look over the astronauts' shoulders and we can communicate immediately.

METRO WORLD NEWS

In Metro Wednesday

- **Exploring the cosmic kitchen.** Metro takes a look at what's on the menu in space.

In Metro Thursday

- We reveal the Canadian finalist for our Metro Race for Space contest.

More at metronews.ca

- **Suiting up:** Designers best known for dressing Lady Gaga and Rihanna reveal their take on a spacesuit.
- **Angry astrophysicist:** Neil deGrasse Tyson reviews Angry Birds Space.

Tech deal. AOL selling more than 800 patents to Microsoft for $1 billion

Faltering Internet giant AOL was able to squeeze out more than $1 billion US from Microsoft for a trove of some 800 patents in an auction, the latest sign of just how valuable such portfolios can be for the world's biggest technology companies.

"There is a fight for market share occurring on multiple fronts — technology, patents, advertising," said Colin Gillis, an analyst with BGC Financial who covers Microsoft. "Microsoft, more so than others out there, has been (using) its patent portfolio as a way to generate licence fees. This should strengthen that."

Patents have become a hot commodity in the high-tech industry in recent years. They're useful for both attack (suing competitors) and defence (warding off lawsuits with threats of countersuits).

AOL's shares surged to their highest level in more than a year following the announcement. The company agreed to sell 800 of its patents and license others to Microsoft for about $1.06 billion in cash. After the sale, AOL said it should have about $15 per share of cash on hand.

AOL's stock rose $7.83, or 43 per cent, to $26.25 in midday trading, adding more than $750 million to its market capitalization.

THE ASSOCIATED PRESS

Online edge

- Microsoft refused to say what the patents cover. Benchmark analyst Clayton Moran said they revolve around Internet technology, including advertising, search and mapping. This would help Microsoft go up against Google, a big rival that is ahead in all three areas.

Market Minute

DOLLAR 100.35¢ (-0.27¢)

TSX 12,018.5 (-84.61)

OIL $102.46 US (-85¢)

GOLD $1,643.90 US (+$13.80)

Natural gas: $2.107 US (+1.8¢)
Dow Jones: 12,929.59 (-130.55)

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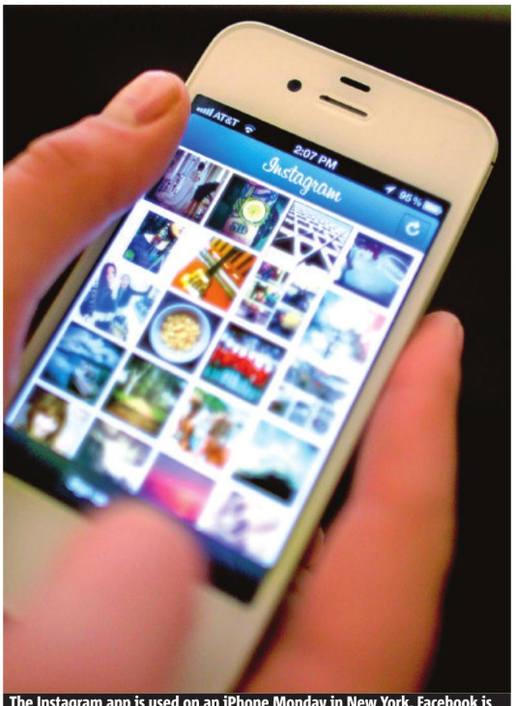
Facebook buys photo app Instagram for $1 billion



The Instagram app is used on an iPhone Monday in New York. Facebook is paying $1 billion to acquire the service. KARLY DOMB SADO/THE ASSOCIATED PRESS

Picture perfect. Social-networking giant looking to expand its mobile presence with the acquisition

Facebook is spending $1 billion US to buy the photo-sharing company Instagram in the social network's largest acquisition ever.

Instagram lets people apply filters to photos they snap with their mobile devices and share them with friends and strangers. Some of the filters make the photos look as if they were taken in the 1970s or on Polaroid cameras.

"This is an important milestone for Facebook because it's the first time we've ever acquired a product and company with so many users," CEO Mark Zuckerberg wrote on his Facebook page. "We don't plan on doing many more of these, if any at all."

Facebook said it plans to keep Instagram running independently. That's a departure from its tendency to buy small startups and integrate the technology — or shut them down altogether just so it can hire talented engineers and developers.

Facebook is paying cash and stock for San Francisco-based Instagram and hiring its 10 employees. The deal is expected to close by the end of June.

Facebook is expected to complete its initial public offering of stock next month. Getting Instagram is a big win for Facebook as it works to harness people's growing obsession with their mobile devices and sharing every moment of their lives. Instagram was available on Apple devices only until recently. An app for Android devices was released last week.

THE ASSOCIATED PRESS

Online sharing

"We think the fact that Instagram is connected to other services beyond Facebook is an important part of the experience."
Facebook CEO Mark Zuckerberg

Business optimism on the rise

Business optimism in Canada is rising sharply as the gloom of the winter months appears to be giving way to better expectations for sales, hiring and investment, a new Bank of Canada survey suggests.

The quarterly survey of senior management from 100 representative firms, conducted over four weeks in February and March, found the outlook for future sales among the most positive since the recession.

It showed 58 of the respondents expected higher sales in the next 12 months, as opposed to 23 who expected fewer.

That put the Bank of Canada's important measure of business confidence at a positive-35, a big turnaround from the negative-four balance of opinion in its January report.

It follows an unexpectedly strong employment report last week from Statistics Canada, which said 82,000 jobs were added in March, reversing what had been a few months of modest employment downturns.

"The good Canadian news just keeps rolling," said Derek Holt, an economist with Scotia Capital.

The snap-back in business confidence, while encouraging, raises the risk that the central bank will move to raise interest rates this year, though there is no urgency, added the Bank of Montreal's deputy chief economist Douglas Porter.

For that to happen, he said, "firmer business sentiment has to translate into firmer growth." THE CANADIAN PRESS

Regional rates

TD Bank says persistently strong oil prices are giving the economies of resource-rich Prairie provinces a turbo-boost, while others will see sluggish growth.

- Forecast growth rates for other provinces in 2012 were: British Columbia (2.1), Manitoba (2.1) and Newfoundland (2.4)

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393

Embattled Sino-Forest faces fraud allegations

Forestry. Once the most valuable forestry company on the TSX, Sino-Forest now facing a shaky future

Sino-Forest Corp. is in for a long road of uncertainty ahead as the once top-rated forestry company, now struggling to find a buyer, faces fraud allegations by the Ontario Securities Commission.

The firm, which the OSC accuses of misrepresenting its revenue and the extent of its assets in China, has been exploring its options, which might include a sale of the company.

However, the process could be hindered by confusion over which Chinese assets Sino-Forest owns, a question at the heart of the OSC fraud allegations announced Monday and a dilemma that seems just as murky as it did months ago when the accusations first emerged.

"The big question is, what assets do they own, and how much are they worth," said Richard Powers, a professor of business law at the University of Toronto.

"Until they can determine that, it's going to be nearly impossible to find a potential buyer."

Corporate conundrum

"With all that uncertainty, in my view it's unlikely that they're going to survive this process."

Richard Powers, University of Toronto business law professor

It's still uncertain just how deeply Sino-Forest is involved in the alleged fraud that has plagued the company's reputation. None of the allegations against it have been proven in court.

On Monday, Sino-Forest did not disclose details of the OSC's allegations, though it did say that they were of "a serious nature consistent with the recitals to the temporary cease trade order" made last August.

The notice, which was received by the company last week, said "Sino-Forest and certain of its officers and directors appear to have misrepresented some of its revenue and/or exaggerated some of its timber holdings," amongst other allegations.

THE CANADIAN PRESS

Making every yuan stretch

A customer buys vegetables from a street vendor in Shanghai. China's inflation edged up in March as the government shifted focus from containing politically dangerous price rises to stimulating its slowing economy. Consumer prices rose 3.6 per cent over a year earlier, up from February's 3.2 per cent, data showed Monday.

EUGENE HOSHIKO/THE ASSOCIATED PRESS

Layoffs

Sony to cut 10,000 jobs worldwide: Reports

Japanese news reports say Sony Corp. will cut about 10,000 jobs worldwide over the next year.

The Nikkei business daily and other media Monday said Sony's decision to slash six per cent of its workforce comes as it struggles with weak TV sales and swelling losses.

Sony spokeswoman Yoko Yasukouchi wouldn't confirm the reports. New CEO Kazuo Hirai is holding a press conference Thursday.

Sony has announced restructuring plans by selling its chemical unit. Sony is also merging its LCD-panel operation with Toshiba and Hitachi. Yasukouchi said those changes could affect up to 5,000 employees who are subject to transfers.

Sony reported a $2.1-billion US loss for October-December and more than doubled its projected loss for the full fiscal year.

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I DON'T CARE ABOUT YOUR KLOUT SCORE

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I recently received an email letting me know that I had FINALLY achieved a Klout score in the 40s, 45 to be precise. What tangible impact has this had on my everyday life? Absolutely none.

Founded in 2008, Klout.com allows users to measure their fluctuating influence across the social web. While "clout" refers to real political or social power, Klout with a "K" is a much more superficial unit of measurement, much like anything from the Kardashian Kollection.

Users relinquish all sorts of private data from their various social networks — Twitter, Facebook, LinkedIn — and Klout compiles a score ranging from one to 100. This influence score reflects your ability to drive action within your social circles.

I first learned about Klout at a web conference I attended last year. I registered immediately, a decision based on equal parts curiosity and vanity. After determining my score and realizing just how irrelevant it was, I completely forgot about my account.

Scope of influence

While I was quick to dismiss Klout, many are eager to find out where they land on the barometer of influence. To date, the San Francisco startup has assigned Klout scores to over 100 million people and brands worldwide.

But while I was quick to dismiss it, many are eager to find out where they land on the barometer of influence. To date, the San Francisco startup has assigned Klout scores to more than 100 million people and brands worldwide.

Interestingly, Klout not only tells you who you are influencing and how much, but what topics you are influential about. However, based on my personal experience, the accuracy of these insights varies from spot-on to absolutely absurd.

Here are some of the peculiar subject areas that I am apparently influential about: the New York Jets, animals, diamonds. I can guarantee that I have never made an online (or offline) reference to the New York Jets in my life, so who knows what sort of obscure logarithms they use to come up with this nonsense. As an animal-indifferent individual with a non-existent diamond collection, I'm pretty skeptical on whether these insights into my online reputation are really all that significant.

In a recent study titled The Rise of Digital Influence, author Brian Solis questions the accuracy of Klout and similar measurement tools that rank users' online social capital. Solis suggests that in reality these arbitrary numbers aren't a reflection of an individual's true influence or capacity to influence but of their online visibility.

As social media becomes less about socializing and more about shameless self-promotion, companies like Klout certainly aren't going anywhere. And while I'm sure there's some real value in analyzing online engagement, this quantification of influence has also created an army of self-important tweeters obsessing over their personal brand.

A shop in Tahrir Square is spray-painted with the word "Facebook" after the government shut off Internet access in this Feb. 4 file photo. Klout.com allows users to measure their social influence, but the accuracy is up for debate.
PETER MACDIARMID/GETTY IMAGES

Weather — a 'guilty pleasure'

Visitors stand under cherry trees in blossom by the Tidal Basin March 19 in Washington, D.C. It's been so warm in the United States this year, especially in March, that national records weren't just broken, they were deep-fried. ALEX WONG/GETTY IMAGES

Not your average March

High temperatures alarm experts

Temperatures in the lower 48 states were above normal for March, according to calculations by the National Oceanic and Atmospheric Administration in the U.S. That far exceeds the old records.

The magnitude of how unusual the year has been in the U.S. has alarmed some meteorologists who have warned about global warming. One climate scientist said it's the weather equivalent of a baseball player on steroids, with old records obliterated.

THE ASSOCIATED PRESS

Global 'warning'?

"Everybody has this uneasy feeling. This is weird. This is not good.... It's a guilty pleasure. You're out enjoying this nice March weather, but you know it's not a good thing."

Jerry Meehl, climate scientist who specializes in extreme weather at the National Center for Atmospheric Research in Boulder, Colo.

The facts

- It's important to note that this unusual winter heat is mostly a North American phenomenon. Much of the rest of the Northern Hemisphere has been cold, said NOAA meteorologist Martin Hoerling.
- The atypical heat goes back even further. The U.S. winter of 2010-2011 was slightly cooler than normal and one of the snowiest in recent years, but after that things started heating up.
- The summer of 2011 was the second-warmest summer on record.

Record-breaking

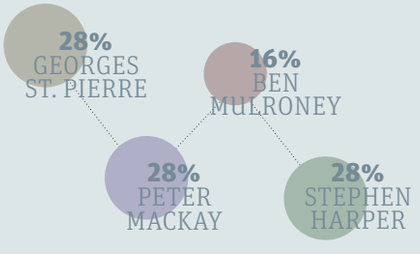
1.4

The first quarter of 2012 broke the January-March record by 1.4 degrees. Usually records are broken by just one- or two-tenths of a degree. U.S. temperature records date to 1895.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Who should Justin Trudeau box next?



Twitter

@coryleemusic: Canadians: only vancouver and ottawa made the nhl playoffs!! I think Canucks r ready for the cup!!!! Who's with me!!!!???

@KineticFriction: I thought I saw Ryan Kesler in the car next to us but it's just my eyes playing tricks on me. Must be playoff fever. #Canucks

@NailiaArts: Dear vancouver...this is the kind of weather i want! #Sunshine #spring

@razamirani: Time to get my playoff beard going. Wife hates this time of year. #canucks

@D_to_the_W: #Canucks-Kings sign idea: "The Concept Of Monarchy Is Abhorrent"

@Chris_Withers: I'm avoiding the "#Canucks have x% chance" angles this year. They defied too many of the odds last year. I'm just here for the ride.

metro
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DVD reviews

The Iron Lady

Director. Phyllida Lloyd

Stars. Meryl Streep, Jim Broadbent, Richard E. Grant

Phyllida Lloyd's biopic on Margaret Thatcher takes its title from the nickname of Britain's first female prime minister, who was hailed by some and cursed by others when she headed the government from 1979 to 1990.

The film's 2011 theatrical release gathered similar extremes of reactions. But nearly everyone agrees on one thing: Meryl Streep gives a towering performance in the title role. She was rewarded with a best-actress Oscar for a portrayal that takes Thatcher from shopkeeper's daughter to young bride, and from powerhouse in parliament to tottering, demented old widow. Lloyd, and writer Abi Morgan, use the controversial device of the ghost spouse. Thatcher's late husband, Denis, played by the reliable Jim Broadbent, appears frequently as Thatcher's spectral companion, offering advice and admonishments with loving devotion. It's a difficult trick to pull off, and its use here has not been universally applauded. But to me, it's a perfect evocation by two superlative actors of the almost supernatural bond that longtime couples achieve.

PETER HOWELL

Conor Maynard's vocals are impressing some big names in the music world. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Move over Bieber, here comes a Brit

New talent. British teen Conor Maynard is set to debut a single after being discovered on YouTube. Sound familiar?

Being called the new Justin Bieber has put British singer Conor Maynard on the music world's radar.

The 19-year-old from Brighton has gone from uploading videos of himself singing at home to working with Pharrell Williams on his debut album in Florida.

Maynard realized that by putting up covers of current tracks, people would stumble across his own versions. The results were impressive — NeYo offered to work with him after watching his version of Beautiful Monster and Chris Brown retweeted the video of his Yeah 3x. Maynard couldn't believe his luck.

Actually, he was so skeptical he insisted on a chat with NeYo, to make sure it was the real R'n'B deal, rather than his friends joking around.

"It was about midnight when I was on Skype to him, everyone in my house was asleep," Maynard told The Associated Press.

"So I was like, 'Hi, NeYo.' That kind of killed any starstruckness — I had to talk really quietly."

Record company interest followed and now Maynard is dropping his debut single, Can't Say No, on April 20 through Polydor.

The comparisons with Bieber aren't that far off the mark. Both got their break via YouTube, both were mentored by an established rhythm and blues star (Bieber's being Usher) and both, while inspired by American urban music, are foreigners.

"In terms of the music, it ends there," says Maynard.

"(I have) a very different sound. But it's obviously flattering to be compared to one of the biggest artists in the world right now when I haven't even released my first single yet."

His talent was discovered when he was overheard singing to himself on the way home from school in Brighton, a hip coastal town in southern England.

His friends kept asking him to perform, so he started putting videos online to keep them happy.

Soon after NeYo spotted him, record companies caught on and he signed with Polydor in the U.K. MTV has picked him as being one to watch for 2012 after he won their Brand New competition.

Thanks to Maynard's online following, Can't Say No has already clocked up over three million views in a month. He's also got 124,560 followers on Twitter — and the number is rising.

Can't Say No is reminiscent of Justin Timberlake's vocals, with a catchy "Houston, I think we got a problem" hook.

An album is set to follow this summer and it has already gone down well with his five-star friends. Maynard has played it for Pharrell, Ludacris, Tyler The Creator, Lil Wayne and NeYo, among others

"They've heard all the tracks I was doing and what I'm planning to do — they're really excited about it as well," he said.

THE ASSOCIATED PRESS

2

SCENE

Scene in brief

Stars to earn their stripes

A new TV competition series that tests celebrities against the demands of military exercises will be produced for NBC. Stars Earn Stripes is the working title of the show from veteran producers Dick Wolf (Law & Order) and Mark Burnett (Survivor, The Voice). Nine celebrities from music, sports and Hollywood will be paired with trainers at a "top-notch, secret training facility," the producers said. The contestants will face weekly challenges such as hostage-rescue exercises or placing a laser target atop a mountain. Burnett, who joined the British military at age 17 and served as a paratrooper, said celebrities and the audience will realize how "hard and scary" such tasks are. An air date for Stars Earn Stripes wasn't announced.

On the web

Loud and clear: Country star Keith Urban enjoys benefits of surgery, performs at Hall benefit

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The Deep Blue Sea, starring Tom Hiddleston and Rachel Weisz, opens this Friday. HANDOUT

Terence Davies lets his curmudgeon out

The Deep Blue Sea. Director lets readers know what's wrong with actors and showbiz these days

NED EHRBAR
Metro World News in Hollywood

Acclaimed British stage and screen director Terence Davies doesn't hold his tongue when it comes to his dislikes. Just in time for his return to cinemas with a brutally emotional adaptation of the Deep Blue Sea — starring Rachel Weisz and Tom Hiddleston — Davies gets us up to speed on just a few items he's particularly peeved about these days.

1. Young British actors

"I had to see a lot of people before I found Tom [Hiddleston] because young actors in England now are getting very, very sloppy. They don't want to read the lines that are written, and they want to read it with a South London accent. And you say, 'No, will you please read the lines that are written, and will you please do it in Received English? This is 1952, not 1992." They take no notice of you at all. You're just completely ignored."

2. Film executives

"There was a time for eight years when I didn't work at all and no one would give me any money at all to do anything. You go into these grizzly meetings. It really does erode your soul, speaking to people who are truly stupid. I mean, truly stupid. They're working in films and they know nothing about them. A typical conversation would be, 'It's similar to the structure of Mildred Pierce, the Michael Curtis film.' And I can tell when somebody doesn't know. I can tell, and I can't hold my tongue. I said, 'Have you seen it?' 'Uh, well, um...' I said, 'Look, you've not seen it. Why can't you say you've not seen it? Then we could have a decent conversation.' And then they [cross their arms], and they refuse to speak to you or even look at you. That kind of nonsense."

3. Contemporary entertainment

"It's like fast food — lots of cutting, lots of music, very loud, it appears to be action. But it's got no nutrition in it. You look at some of the great films that have been made and they are relatively slow. They're not quick-cut. But it's become a substitute for something that is interesting. And you get the same people, they've all been to the gym and they all look exactly the same. And they run around with things exploding all over the place. There's only one thing worse than an actor with a gun, and it's a British actor with a gun. It's just pathetic. We look silly."

4. The recent Anna Faris comedy, What's Your Number:

"I was on the plane coming over to Miami. I wasn't in the mood to read, and someone had this film on. I didn't have my headphones on so I just watched it. This girl — blonde, petite — loses her job and goes back to her apartment, and she's got to find another job and her current boyfriend is being horrible. Now, she opens the door and she sees her neighbor across the hallway — and of course he comes out only in jeans so that we can see that he went to the gym. And so you think, the next 98 minutes are a waste because I know what's going to happen. And you can sit there and you can all out the shots — wide, close, over the shoulder, wide, and it will pan now for no reason at all. There's no life in it, and everyone looks the same."

3. Dealing with requests to make cuts to his films:

"I was pressured to remove two scenes, and I had to resist that because I knew I was right. I was pressured, though — not in a nasty way, because people genuinely were behind the film. When people genuinely care about the film and they suggest cuts, th at's even harder to resist somehow, I don't know why."

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Here comes the Biel: Jessica's going gown shopping?

Jessica Biel ALL PHOTOS GETTY IMAGES

Jessica Biel is a bride-to-be on a mission.

The actress, who is reportedly engaged to Justin Timberlake, embarked on a seven-hour shopping spree in Paris Friday — with stops at at least two major bridal designers, according to People magazine. Biel's assistant, at her side the whole time, was reportedly toting a massive wedding planning book.

Sources have speculated that the couple will tie the knot this summer.

Jennifer Lopez

Lopez gives a truck: Boyfriend gets gifted

When it comes to a boyfriend's birthday, Jennifer Lopez goes big.

The singer reportedly gifted beau Casper Smart with a custom White Dodge pickup truck for his 25th birthday, according to People magazine. Lopez "knew that Casper really wanted a truck, and Casper was very excited about the generous gift," a source says. "Casper was so excited about his new truck that he decided to drive it to dinner. She was smiling about Casper's excitement."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Katy Perry is 'tired' of her fabricated fame. Zzzzz.

THE WORD
Dorothy Robinson
scene@metronews.ca

Oh boo-hoo: Katy Perry, one of the most manufactured pop stars of the past decade, is fed up with fame, according to Teen Vogue.

"I'm tired of being famous already! But I'm not tired of creating. Fame is, I think, just a disgusting by-product of what I do," Perry tells the magazine.

"It's a delicate creature — a wild animal of sorts. It can love you, and then it can attack you. But really, I stopped focusing on what other people think a while ago."

Oh, so you wearing an ice cream bra, marrying a super-famous actor and then divorcing him, riding Teenage Dream into the ground until it yielded as many No. 1 singles as Thriller and then releasing yet another version of the album (The Complete Confection) are all ploys to keep you under the radar? Yes, that totally makes sense.

Being famous and then complaining about being famous is so tiring. You can give it all up and live in a yurt, you know.

It's not that hard to not be a celebrity anymore. Just look at Tiffany.

Michael J. Fox

Marty McFly could have used a nice nap

Michael J. Fox didn't have high hopes for Back to the Future, the 1985 film that made him a star, since pulling double duty on his sitcom, Family Ties, while filming the movie left him near exhaustion.

"I ended up getting about three hours of sleep a night, because they had to get the movie out that summer," he tells Parade.

"[While we were making it], I thought I sucked in it. I really, truly thought I was terrible.

So many times I was practically unconscious because I was so tired."

Bad boy Jesse James has been beat up enough

As far as Jesse James is concerned, it's about time everyone forgave him for cheating on Sandra Bullock. "I think I've paid the price and then some, you know? I don't know anybody anywhere that's had to endure what I had to endure for basically infidelity," the reality TV star tells Yahoo's omg! blog. "I stood up like a man and admitted my wrongs and what I did and all that did is make every s— tabloid everywhere across the world come after me even harder. I'm strong. I can take it."

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Dermal LASER CENTRES

Studies show what we already know: getting outside is good for you. ISTOCK PHOTOS

Take a fresh breath of nature and inhale the health benefits

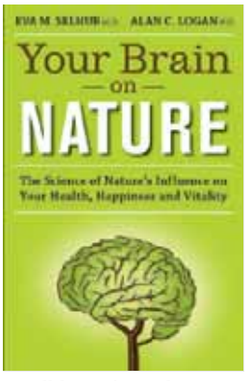
New book. Your Brain on Nature shows the powerful influence being out in the woods has on your thinking

CELIA MILNE
life@metronews.ca

Get high on nature. Walking through a forest feels better than sitting at a desk.

Duh. That's a no-brainer.

But now experts around the world are gathering hard, scientific evidence for what we all know innately: exposure to nature has a powerful influence on the brain.


EVA M. SELHUB, M.D. ALAN C. LOGAN, N.D.
Your Brain on NATURE
The Science of Nature's Influence on Your Health, Happiness and Vitality

"There isn't a single study that proves beyond question that nature is good for the brain, but rather it is the combination of all the studies," says Dr. Alan Logan, co-author of a new book called Your Brain on Nature.

His message?

"Take nature breaks and power down the smartphone." Logan is a graduate of the Canadian College of Naturopathic Medicine and now lives in Connecticut.

His co-author is Dr. Eva Selhub, a Harvard Medical School physician.

Japanese studies were among the first to show that immersing oneself in green space, or "forest bathing," has a positive effect on stress and immunity.

Emerging studies show time spent in forests or urban parks also leads to enhanced cognitive focus and positive mental outlook, says Logan.

Why? It is partly related to chemicals released from trees called phytoncides, which have been linked to improved immunity, and partly because of invisible negative ions found near water and forests; they have been linked to brighter mental outlook.

Nature nerds

Can't get outside?

- **Decorating.** Bring the outdoors in. When decorating your home, use natural wood, but not too much of it. Studies show the ideal amount is 30 per cent to 40 per cent of the surface area. Potted plants are great; the ideal number in an office is four.

3 LIFE

Health minute

Obesity could be worse than feared

Everybody's least favourite number, BMI (body mass index), may be totally off in calculating fat, according to a new study. However, before you get too excited, the potential inaccuracy actually underestimates body fat. According to a report in the Public Library of Science's PLoS One journal, BMI calculations, which are based on height and weight, were compared to X-ray absorptiometry — or DXA — scans, which calculates obesity based on fat-composition standard. Turns out, BMI calculations often classify people as "underweight" when the DXA scans would consider them obese, nearly four out of 10 times.

METRO WORLD NEWS

On the Web

U.S. agency warns of cancer drug counterfeit

EVER HAVE DAYS WHEN YOU DON'T FEEL LIKE YOURSELF?

Find out why paying attention to those feelings is an important part of dealing with your mental health, and why mental health in Canada must change.

Scotiabank partnersformentalhealth TAKE THE PLEDGE AT NOTMYSELFTODAY.CA

Harvest Union: a grocery store & eatery for the people

Steamed Bun with Organic Local Chicken ($4). ERIN IRELAND

LUNCH RUSH
Erin Ireland
life@metronews.ca

Harvest Union is the kind of establishment every human yearns for in his or her neighbourhood.

Brimming with milk and cheese, chocolate and snacks, grains and baking, it's Strathcona's new oasis. And it's sure to save neighbours many an inconvenient car ride to the supermarket.

The new business was born by popular demand through a project called, This Space, which asked the community to vote on what it felt belonged at 243 Union St.

At the cosy space's core is mini open kitchen where the local food for sale on its wooden shelves is turned into lunch by Top Chef Canada contender Trevor Bird and chef Mina Hideshima.

The Steam Bun, a snack-size sandwich made in-house with Anita's organic flour, has got to be the best deal in town at $4 a pop.

Its irresistibly doughy texture, squirted with sriracha and hoisin sauce, is absolutely luscious. Filled with morsels of moist, local chicken thigh and pickled cucumbers, you just might have to have two.

Visiting the restaurant

Harvest Union

Address. 243 Union St.

Phone. 604-682-8851

Website. harvestunion.ca

Rating. 4.5/5

Price range. $5 - $10

Reservations. No

Social lunch. Yes

Quick solo lunch. Yes

Lemon Rice Pudding. A creamy, decadent and quick weeknight dessert

1. In heavy saucepan, bring rice, milk and maple syrup to simmer over medium heat, stirring often. Reduce heat to low, cover and simmer, stirring occasionally, 20 minutes. Stir in cranberries and half of rind; cover and simmer 10 minutes or until rice is soft and pudding is slightly thickened. Serve hot, warm or cold, stirring in more milk as necessary to thin. Sprinkle each serving with cinnamon and remaining rind. DAIRY FARMERS OF CANADA/ THE CANADIAN PRESS/ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)

Ingredients

- 125 ml (1/2 cup) arborio (short grain Italian) rice
- 750 ml (3 cups) 2% milk
- 45 ml (3 tbsp) pure maple syrup
- 50 ml (1/4 cup) dried cranberries, cherries or blueberries
- 1 1/2 tsp (7 mL) grated lemon or orange rind
- Ground cinnamon

Spicing up your dinner table

Rule No. 1 about spicy ingredients — you don't need to love spicy foods to love what spicy ingredients can do for the foods you do love.

That's because foods such as hot sauces can do way more than simply add mouth-searing heat. Adding just a touch will heighten the other flavours of a dish without adding noticeable spiciness.

Throughout Asia there are numerous condiments referred to as sambals. Most are made by grinding together chili peppers and vinegar. Depending on where you are, other ingredients — such as dried shrimp, fermented soy beans, brown sugar, spices, coconut milk — may be added.

The result is a family of sauces with bright, punchy flavour and a fair amount of heat. They usually accompany meat and rice dishes and are added to taste.

The international aisle of most mainstream grocers in Canada will offer at least one or two varieties and they are worth checking out.

One of the most common is sambal oelek (also called chili paste or fresh chili paste), which is a simple blend of crushed chilies, salt and vinegar. Alongside sambal oelek, you may also find something labelled chili garlic sauce, which is sambal oelek with garlic added.

Either is a fine choice for any of these recipe ideas. The flavours are intense, slightly acidic and almost pungently sweet.

Like most vinegar-based condiments, sambals can be refrigerated for months after opening (most are marked with "best by" dates).

One caution — the word sambal also sometimes refers to a spicy dish. You're looking for the condiments, which are sold in plastic and glass jars.

The condiment is a great addition to give this dish an added kick.

Chili Garlic Roasted Shrimp with Fettuccine

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In a large bowl, mix together oil, salt, pepper and sambal. Add shrimp and toss well.

2. Transfer shrimp, as well as any sauce in the bowl, to a rimmed baking sheet. Roast in 230 C (450 F) oven for 5 to 7 minutes or until pink and firm.

3. Meanwhile, in large pot of boiling salted water cook pasta for about 5 minutes or until tender but firm. Drain reserving 60 mL (1/4 cup) of the cooking water.

4. In a large bowl, combine pasta and shrimp. Use a silicone spatula to scrape any liquid from baking sheet into the bowl. Toss well.

5. Sprinkle cheese and green onions over pasta and shrimp, as well as a bit of the reserved pasta cooking water to moisten. Toss until cheese is melted. THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 30 ml (2 tbsp) olive oil
- 5 ml (1 tsp) kosher salt
- 2 ml (1/2 tsp) freshly ground black pepper
- 15 ml (1 tbsp) sambal oelek or chili garlic sauce
- 500 g (1 lb) large raw shrimp, shells and veins removed
- 1 pkg (340 g/12 oz) fresh fettuccine
- 125 ml (1/2 cup) grated Parmesan cheese
- 3 green onions, chopped

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Small savings, big payoff: 5 easy steps to an extra $2,000 RRSP contribution

It's not rocket science. A few little tricks can help you maximize your RRSP contribution before next year's deadline

YOUR MONEY
Alison Griffiths
money@metronews.ca

You've finished your tax return and you're upset because the refund is less than you hoped. But you're also annoyed with yourself because you didn't maximize your RRSP contributions.

There's not much you can do for 2011 but you still have over 10 months to find an extra $2,000 to ease next year's tax burden. (The following advice is for those who have their debt load under control. If not do the same thing but divert the money to your debts.)

Alison's money rule

"Small monthly changes now add up to a bigger RRSP contribution."

1. Devote some of your tax refund to your RRSP ($750)

Last year, according the Canadian Revenue Agency, the average refund was $1,506, most from payroll deductions. Take half of that and put it into your RRSP.

2. Increase your monthly RRSP contributions by $50 ($500 annually based on the 10 remaining contribution months)

If you haven't already enrolled in an automatic RRSP payroll deduction program, start one at $50 a month. If one is in place increase the deduction by $50.

3. Save your coins ($250)

This is an easy and painless way to build up excess cash. Put a container in the entranceway of your house and empty your pocket or purse each time you enter the house. Count it up monthly and take it to the bank. Try a little coin-saver dance with each deposit. People will think you are weird but remember, you're laughing all the way to the bank.

This little piggy can help you with step #3. ISTOCK IMAGES

4. Windfalls ($225 annually)

Ask your parents, grandparents and siblings for cash gifts instead of those icky ties and dreadful drugstore bath sets. Explain why and most will be delighted to have that chore lifted from their shoulders.

Think long-term

Here's a cool 20-year plan:

- **$70,000.** Contributing an extra $2,000 annually will increase your retirement savings by nearly $70,000 in 20 years (assuming a five per cent average rate of return).

5. Eliminate one non-necessity a week ($275)

Almost everyone spends money on something they like but don't need. For example, cut out one specialty coffee, restaurant lunch, takeout meal or magazine a week.

Make these five steps a habit and you'll be well on your way to cutting your taxes and beefing up your retirement savings.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Divorces can sometimes make attending a funeral a difficult process. ISTOCK

Funeral etiquette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Because my ex-husband is angry and uncivil, I have not been in communication with my ex-in-laws since our divorce. We were together for more than 20 years and have children. When there is a death or illness in that family, what protocol should I follow? It would seem strange for me to ignore it or not attend a funeral.
Please advise.

Hello. As you are experiencing, anger and lack of civility is unfortunately common after a difficult divorce, and now translating that into dealing with former family members for such things as death becomes really tough. Even worse, the stress and unease of death makes many people react in an irrational and difficult way. So back to your question; what should you do when you wish to attend a funeral of a divorced partner? Remember going to a funeral generally has two objectives:

1. To assist you with your personal grieving process.

2. To assist the family and be supportive of them through their grieving process.

If it is a large public funeral, you should feel free to attend. However, if this is a small or private funeral I think it's best you speak with the next of kin (ideally the head of the family of the deceased or your former husband or in-laws etc.). First express your condolences and ask if they would feel comfortable with you attending the funeral, since you knew and loved the deceased for more than 20 years. If they say yes, then attend the funeral, but out of respect for your ex-husband and children, keep a low profile. You are there to pay respects to the person who has just died. In the event that the family says no, then don't make a big deal about it. You can celebrate this person's life in several ways: have a church mass said in this person's name or make a small donation to a hospital or organization in the name of the deceased. Finally no matter what the scenario is, write a note of condolence to each of the family members you are close with. This is the nicest and most gracious way to think of the living and the dead at the same time.

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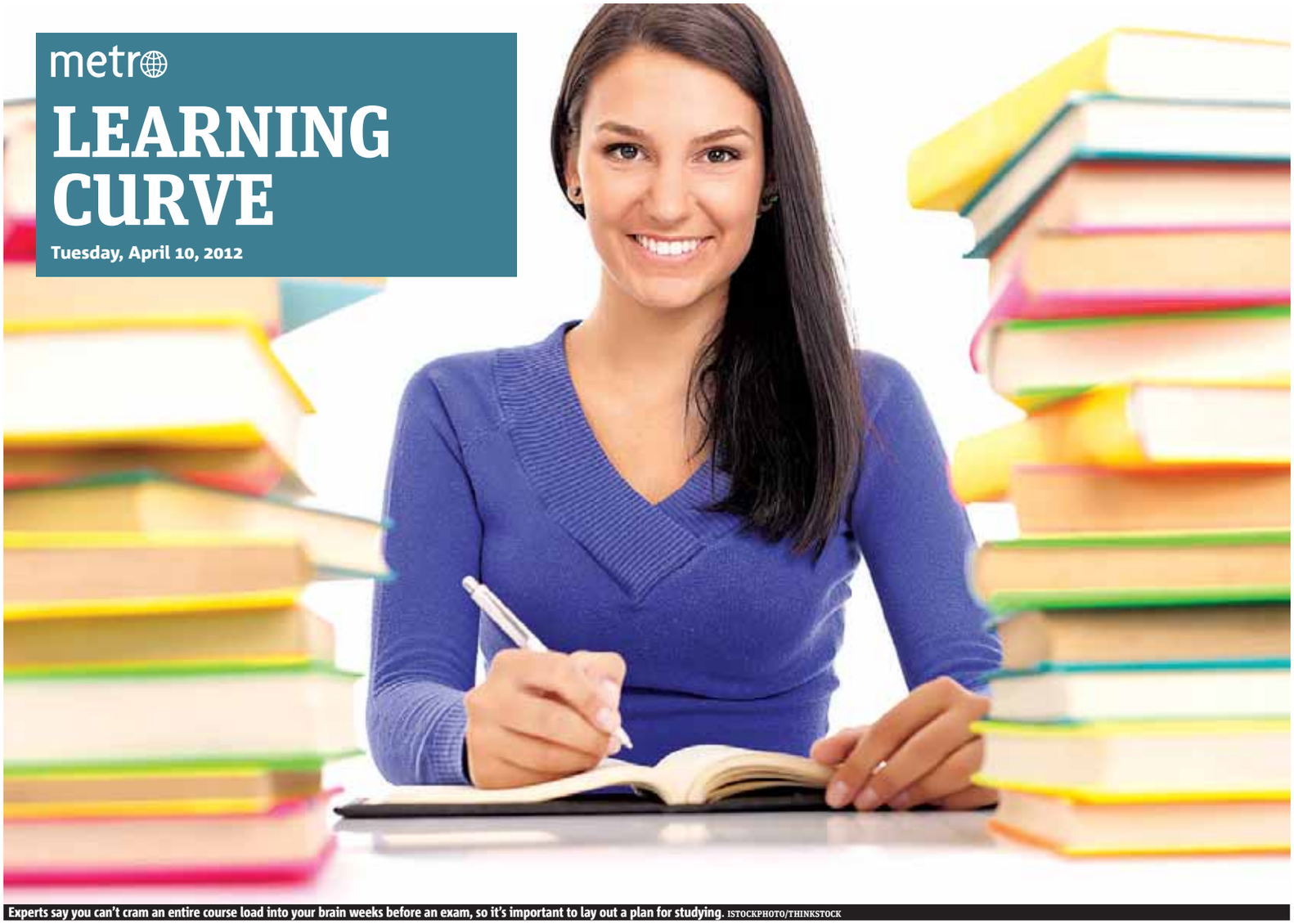

Experts say you can't cram an entire course load into your brain weeks before an exam, so it's important to lay out a plan for studying. ISTOCKPHOTO/THINKSTOCK

Exams: Time to test your limits

Stress. Studying smartly can improve your final grades

JON TATTRIE
For Metro

Preparing for final exams is one of the most stressful times of a student's life, but studying smartly can improve your scores and lower your heart rate.

Nellie Perret, a learning skills counsellor at the University of Toronto's Academic Success Centre, says most high schools use modular exams, meaning you are only tested on what you have learned since the last test. But university and college exams are usually cumulative, meaning you have to dig back to the start of the course. You can't cram that much information into your head in the weeks before the exam.

Perret advises using cumulative reviews as you go so you know it cold when exam season rolls around.

Even if you are starting two weeks before the exam, you might still be able to pull it off. "Counterintuitively, start reviewing material you already know pretty well," she says. "That's what you can potentially ace."

Look at old exams or midterms to see what questions have appeared in the past. Meet with other students to brainstorm on key content areas in the course.

"The last thing they should do is try to learn new material. That's where they're going to be dealing with a limited memory space," she says. "The likelihood of their doing well on it is pretty slim."

Write that key information on an index card and stare at it until you go into the exam room. "And then write it down immediately, or otherwise it's gone," Perret says.

Sarah Bouchard, a fifth-year political science/religious studies student at Dalhousie University, says students are juggling a lot at the end of term.

"Students are trying to focus on their exams and final papers, but also setting up summer jobs or co-ops, and finding housing, among other things," she says. "The pressure to perform well at this time of year is at its peak."

She urges students to attend any review sessions the class holds, and then book a meeting with the professor. Bring questions and take notes.

"I know it can seem scary, especially for first-year students (and) especially if you've missed a lot of classes," Bouchard says.

"But trust me, your professor wants to help you and is a gold mine of helpful information."

Practise writing your answers so your brain is used to synthesizing it on paper.

"And most of all, get a good night's sleep, eat properly, and exercise," she says. "These are not only stress-busting mechanisms, but they also get your brain going."

Langara grad up for top photo prize

This photo by Tijana Martin has been nominated for a National Picture of the Year Award. TIJANA MARTIN PHOTO

DANIEL HENDRIKSEN
For Metro

Just one month after Chester Goosen took home Professional Photographer of the Year at the Professional Photographers of Canada (BC) Awards, another Langara College alumna is up for a prestigious award.

Tijana Martin, who graduated from the Photo-Imaging program at Langara in 2011, has been nominated for a National Picture of the Year Award. Martin captured a shot from the Vancouver riots that took place last June, and it has garnered national exposure.

The photo of a hockey fan, Bert Easterbrook, defending a vehicle during the mayhem was good enough to be named one of five finalists in the "Spot News" category.

"It was completely unexpected," Martin said in a press release.

"I went downtown with the intention of taking photos of the fans celebrating and watching the game. I was trying to be where all the action was happening, and Bert was trying to stop someone from putting burning pieces of paper in the truck. When someone insisted on continuing to try to burn the truck, Bert went for the punch, and all I could think was 'shoot.'"

The winners will be announced April 28.

Your chance to check out BCIT during open house

Officials with the British Columbia Institute of Technology (BCIT) are preparing for their upcoming two-day open house.

The event, which takes place every four years, will be held Friday and Saturday.

Those participating can learn about BCIT programs, check out student-created displays, meet current students, test-drive applied hands-on learning and win prizes.

One of the highlights is the Open House Challenge. Those in attendance can use their mobile device to check in to a program in each sector as they tour and enter to win prizes such as $5,000 in tuition, a free part-time studies course, an iPad, or a Nikon waterproof digital camera.

For more information, check out bcit.ca/openhouse/.

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Dressing for success

Job interviews. Program drills the importance of appearance to post-secondary students

JON TATTRIE
For Metro

You can't make a second first impression on a job interview, and your clothes will speak volumes before you get the first hello out of your mouth.

Chloe Chalmers organizes the University of Alberta's "after-u" program preparing students for life in the post-educational world. A course called "Dress for Success" drills the importance of appearance to students.

"It helps students develop some of those professional skills so that they are armed with the full package," she says. "They've got a university degree and they're presenting themselves well at their first job interview."

Chalmers says students are savvy, but sometimes can be so focused on their studies that appearance slips beneath their radar.

"We make sure students are giving as much thought to the way they present themselves as they would to writing their cover letter or building their resumé."

Before choosing your interview outfit, familiarize yourself with the company's culture. If you know someone who works for or has worked for the company, find out how people dress in the office.

Is it casual, formal, or funky? If you don't have an insider, check out bio photos of staff on the website.

Err on the side of too formal, rather than too casual. The former says you are too serious about the job, while the latter indicates you are not serious enough. But ties and blouses aren't always the best bet.

"If you're a design student and you're applying for a graphic design position with a really funky marketing company, I think it's OK to go into an interview dressed in a very trendy, cutting-edge kind of way. In fact, you are expected to," Chalmers says.

"But if you're applying for jobs in finance, it's a more traditional environment and you're probably going to be expected to dress more conservatively."

Grooming is critical, too. That means a clean shave or neat beard for men, and tidy haircuts, clean teeth and fresh breath for everyone.

"People extrapolate and think if you're not taking care of your own appearance, maybe you're sloppy in other ways, like your work," Chalmers says.

Here are some tips when dressing for interviews:

- Invest in a few classic clothes that can be worn to interviews and, hopefully, work for years.
- Iron your shirt/blouse and slacks.
- Make sure your clothes aren't too tight, too short, or too revealing.
- Polish your shoes.
- Arrive 10 minutes early and check yourself out in a mirror.

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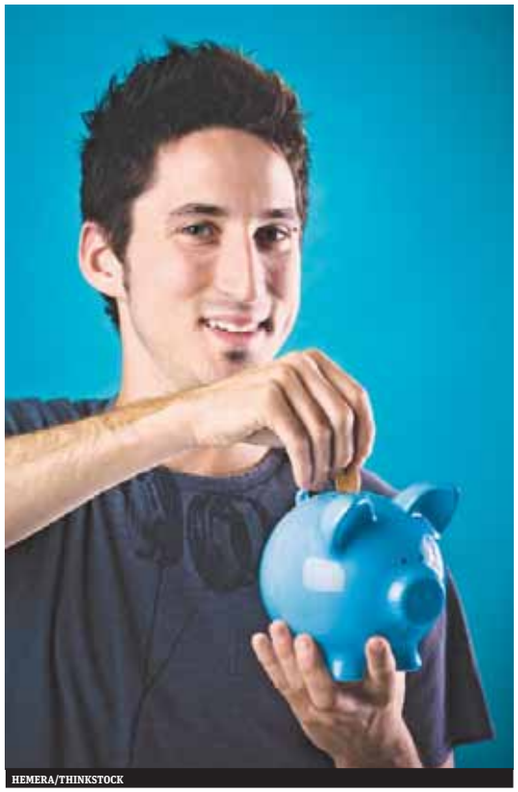

HEMERA/THINKSTOCK

Avoid the starving student syndrome

JON TATTRIE
For Metro

Planning

"They haven't planned as well as they could have, or are running into unexpected financial problems like their car breaking down. At this point of the year, it's pretty much just looking to fill the gap."

Jonathan McCauley, manager of student financial assistance at the University of British Columbia

Many students hit a financial wall in the spring as the school year outlasts their school savings. Experts say there are ways to keep afloat during lean times, and ways to ensure that next year isn't as tight.

Jonathan McCauley, manager of student financial assistance at the University of British Columbia, says the end of the school year frequently finds students running into empty bank accounts.

"They haven't planned as well as they could have, or are running into unexpected financial problems like their car breaking down," he says. "At this point of the year, it's pretty much just looking to fill the gap."

He suggests stopping by student services to see about emergency funding, bursaries or grants of which you may be entitled. You can also get a loan via the school, bank or your parents, but that will have to be repaid. A part-time job or work study program could bring in extra money.

McCauley says it's a good time to think long term to avoid a repeat next spring. If you get a summer job, focus not on your summer earnings, but your summer savings.

"With money coming in over the summer, it's very easy to spend money," he cautions. "Before you know it, September rolls around and you might have the newest iPad, but you still have to save for those eight months."

Start a budget. Lay out how much you can afford to spend on each category and stick to it. There are big-ticket ways to cut expenses: Ideally, you would swallow your pride and live at home rent free, or for a cover-the-costs rent. If that isn't possible, look at more affordable neighbourhoods and find roommates to share the costs.

Even cheap cars are expensive when you factor in insurance, maintenance and winter tires, to say nothing of gas and parking. Get a u-pass and stick to public transportation.

Little things add up, too. McCauley was surprised he spent $80 per month, or $960 per year, on takeout coffee.

Kwantlen. Education minister visits school

Students and faculty at Kwantlen Polytechnic University had a special guest visit last month. Advanced Education Minister Naomi Yamamoto was on hand to tour the school's Trades and Technology campus in Cloverdale.

Yamamoto received a first-hand look at some of the students' industrial welding skills.

With B.C.'s shipbuilding industry on the rise, the minister may have been witnessing some of the trade's next generation of workers. Kwantlen dean of trades Wayne Tebb believes so and explained why in a media release.

"We are about to experience the most rapid growth in demand for skilled workers since the post war boom. Major resource sector growth is striking just as baby boomers are retiring. There are significant career opportunities in the trades," said Tebb.

To learn more about Kwantlen's welding program, contact instructor Al Sumal at al.sumal@kwantlen.ca or visit kwantlen.ca/trades/welding.

Simon Fraser signs MOU with foundation

A new memorandum of understanding (MOU) has been signed between Simon Fraser University (SFU) and The Prince's Foundation for Building Community. The MOU is designed to create an international knowledge network to progress sustainable urban development.

SFU president Andrew Petter, who was in the U.K. to sign the agreement between the two organizations, explained how the MOU will benefit SFU students. "This collaboration will enable our students to benefit from the international expertise in urban design and connections presented by the Foundation," Petter said in a press release. "It is another example of how SFU is engaging the world."

The two parties will now collaborate to adapt and enlarge current learning resources for sustainable urbanism, urban design, and urban economic development in an attempt to create an integrated curriculum. DANIEL HENDRIKSEN

ISTOCKPHOTO/THINKSTOCK

CityStudio. Post-secondary students showcase their work to the public

DANIEL HENDRIKSEN
For Metro

More than 200 students from six local post-secondary institutions, who have undertaken Vancouver's Greenest City 2020 Challenge, were at CityStudio on March 31.

The students from the University of British Columbia, Simon Fraser University, Langara College, the British Columbia Institute of Technology, Vancouver Community College and the Emily Carr University of Art and Design were on hand for an open house to showcase their work to the public.

The event featured a gallery of students' projects, live entertainment and a discussion between the public, students, city staff, experts and educators.

The CityStudio, located in The Salt Building, 85 West 1st Ave., was founded with the idea of affording students the opportunity to come up with ideas and projects for the 10 goals of the Greenest City 2020 campaign.

In its first year, the CityStudio has gained widespread support including the City of Vancouver staff. This semester the studio has adopted the theme "Access to Nature," which is one of the 10 goals.

For more information on the Greenest City 2020 challenge, visit hvancouver.ca/greenestcity/.

Emily Carr eyes new campus

With an ever-growing student demand, officials at the Emily Carr University of Art & Design have put a plan into place to design a brand new home for the Vancouver-based school.

With assistance from the provincial government, Emily Carr is developing a business case for a campus redevelopment project.

The all-inclusive study will feature the development of an indicative design for the project, detailed cost estimates, including capital, facility operations and maintenance requirements, and a description of sources of funding.

The current Emily Carr campus is located on Granville Island, however, with escalating student numbers and growing interest in programs, the school is having trouble finding adequate space to meet the increasing demand.

The proposed new site would feature a state-of-the-art visual, media and design art facility with capacity for 1,800 students. According to Emily Carr president Dr. Ron Burnett, a redesigned campus would benefit more than just students and faculty.

"Our students and alumni are bringing creativity into the workplace, starting companies and generating new opportunities for prosperity," Burnett said. "A new campus will provide future jobs for British Columbia while defining our province as an international centre of excellence for the creative industries."

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WAVEBREAK MEDIA/THINKSTOCK

BCIT students win awards

DANIEL HENDRIKSEN
For Metro

Members of the British Columbia Institute of Technology Marketing Association (BCITMA) recently returned from the American Marketing Association's (AMA) 34th annual International Collegiate Conference in New Orleans.

The AMA's were held March 22-24, and BCIT was well represented with numerous students bringing home prestigious awards.

The BCITMA team as a whole placed first in the case study competition, which saw it present its integrated marketing communications campaign for Pearson Textbooks' upcoming product launch. Pearson will now adopt the campaign put forward by the BCIT students.

Best overall exhibit was also awarded to the BCITMA team for its Canadian themed booth. Additionally, the team achieved Gold Chapter status, which puts it in the top five chapters in North America.

Some BCIT students competed individually — Nikolai Vassev and Jonathan Dawson placed third and fourth, respectively, in the sales competition, while marketing management instructor Geoffrey Bird took home an AMA outstanding faculty adviser award.

BCIT members attend First Nations conference

The inaugural First Nations National Human Resources Conference (FNNHRC) was held in Winnipeg this past February, and the British Columbia Institute of Technology (BCIT) was represented by two current members of its human resource management program.

Debby Cleveland, the program head, and second-year student Michelle Dragon took part in the conference.

"The conference appealed to me because of the potentially significant role that First Nations have in major developments that are on the horizon for northern British Columbia," Cleveland said in a press release. "Historically, programs that included First Nations communities as a significant component of the workforce on major developments have encountered many challenges."

Thanks to their participation at the HR conference, both BCIT representatives returned home with a better understanding of the challenges created by the geography and isolation of countless Aboriginal communities.

"It was a wonderful opportunity because it allowed me to see how much I already knew," said Dragon, a status Métis.

"Not only did this initiative reassure me that this was the right career for me, but, as an added bonus, I was able to see different parts of Canada."

Endowment helps Langara establish scholarships

The journalism department at Langara College recently received a generous donation in order to establish a pair of $10,000 annual scholarships.

The $1.3-million endowment made through the estate of Michael Mercer, who passed away in 2010, is the largest Langara has received. The gift was bequeathed in honour of Mercer's wife, Jeani Read, who also passed away in 2007.

The Jeani Read-Michael Mercer scholarships will be awarded to successful applicants from the journalism program upon graduation to provide support while they produce a major work of journalism. The inaugural scholarships were awarded to grads Derek Bedry and Carly Wignes.

In a press release, journalism instructor Nicholas Read explained that when Mercer allocated the funds for the scholarships, he had two priorities.

"The first was to honour Jeani's memory," said Read. "That was more important to him than anything. The second was to help a deserving student or students get his or her first job because he knew how tough that is. After all, he'd once been there himself."

Bedry will use his fellowship to complete a radio documentary project on Vancouver's affordable housing shortage, while Wignes intends to write an article on how territorial disputes and treaty settlements affect Aboriginal communities.

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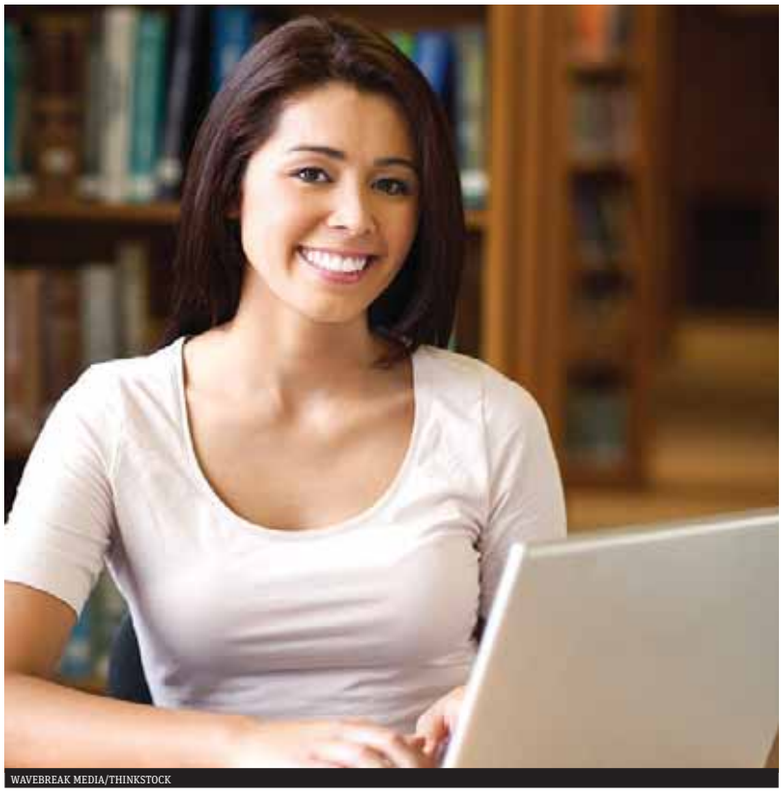

WAVEBREAK MEDIA/THINKSTOCK

Justice Institute of B.C. School recognizes excellence

DANIEL HENDRIKSEN
For Metro

The Justice Institute of British Columbia (JIBC) held its annual Awards of Excellence ceremony March 27. The winners are as follows:

President's Award: Mary Smethurst, receptionist at the JIBC information desk/main reception at the New Westminster campus; Al Lund, founder of JIBC's Pacific Traffic Education Centre.

Distinguished Alumnus Award: Tom Stamatakis, president of both the Vancouver Police Union and the B.C. Police Association; Bob Rich, chief constable of the Abbotsford Police Department.

Friend and Associate Award: Mike Novakowski, sergeant, recruiting section, Abbotsford Police Department; Larry Pearce, founding member of the Emergency Preparedness for Industry & Commerce Council; Dave Ferguson, executive director, mitigation, with Emergency Management B.C.

Program of Excellence Award: Alberta Victim Services E-Learning Program; Associate Certificate in Conflict Coaching.

Instructor of the Year Award: Marie Jose Dhaese, Expressive Play Therapy Certificate program; Steve Miller, firearms training with JIBC's Police Academy.

Award of Excellence in Applied Research: Gary Thandi, the lead author and researcher of This is a Man's Problem: Strategies for Working With South Asian Male Perpetrators of Intimate Partner Violence.

Service Excellence Award: Alex Popov, systems administrator, databases in JIBC's Technology Services department; JIBC website redesign team, completed a major redesign of the JIBC website.

New Kwantlen president to take the helm this fall

The students and faculty at Kwantlen Polytechnic University can look forward to a new school president this fall. The board of governors at Kwantlen recently announced the appointment of Dr. Alan Davis as incoming president effective Sept. 1, 2012.

Having studied and worked at post-secondary institutions all over the world, Davis brings a wealth of experience to the position.

He has been employed at schools such as the British Columbia Open University, Athabasca University, Niagara College, and Vancouver Community College. Davis will succeed outgoing president John McKendry.

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Music Wednesday, Apr. 11 & 25, 4 p.m. – room 1228	Broadway
Business and technical writing Wednesday, Apr. 11, 5:30 p.m. – room 218B	Downtown
English as a second language & ESL community classes Wednesday, Apr. 11, 6 p.m. – room 1227 *>> Register at this info session for community classes*	Broadway
Accelerated gemmology Monday, Apr. 16, 6:30 p.m. – room 164	Downtown
Medical transcriptionist Wednesday, Apr. 18, 5 p.m. – room 2213	Broadway
Esthetics Wednesday, Apr. 25, 4:30 p.m. – room 201	Downtown
Hair design Wednesday, Apr. 25, 4:30 p.m. – room 201	Downtown
Hospitality management diploma Saturday, Apr. 28, 11 a.m. – room 420	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **vcc.ca** or call **604.871.7000**.

View all VCC Info sessions and tours

vcc.ca

Vancouver Community College

4 SPORTS

Lokomotiv tragedy

Russian club finds coach for rebuild

After becoming the new head coach of Lokomotiv Yaroslavl, Tom Rowe was intent on looking ahead to a bright future rather than focusing on the Russian team's tragic past. The 55-year-old American accepted the job with the rebuilding KHL team on Monday after spending more than a decade working in various roles for the Carolina Hurricanes organization. "It's a great opportunity for me," Rowe told The Canadian Press. "My family and I are very comfortable with it and looking forward to it." Lokomotiv is expected to rejoin the KHL next season after spending a year recovering from the September plane crash that killed 44 people, including the entire team and coaching staff. The job opportunity came with a phone call from former NHL executive Mike Smith, who is helping with the Lokomotiv's rebuilding efforts and wanted to see if Rowe would be interested in the position. He later went through an interview with team president Yury Yakovlev.
THE CANADIAN PRESS

On the web

Hockey Canada has hand-picked a talent-packed club full of NHL stars for next month's IIHF World Hockey Championship, but a certain 60-goal scorer has yet to confirm. Scan the code for the story

Daniel Sedin '100 per cent now,' brother Henrik says

NHL. Daniel Sedin practises with teammates for first time since March 21

Although Daniel Sedin was quiet after practising for the first time since suffering a concussion, his twin brother sounded confident Vancouver's leading goal-scorer could be ready to play sooner rather than later.

"He's 100 per cent now," Henrik Sedin said on Monday as Vancouver prepared for its first-round Western Conference series against the eighth-seeded L.A. Kings.

Game 1 is Wednesday in Vancouver, with Game 2 scheduled for Friday.

Daniel Sedin had been secretly skating on his own before Monday's practice, which was his first since Duncan Keith elbowed him in the head on March 21 during a 2-1 Canucks loss in Chicago.

Keith was suspended five games for the hit on the winger who led Vancouver with 30 goals, with 10 coming on a power play that has slumped in the second half of the season.

When asked whether Daniel could withstand contact, Henrik replied: "It's no different for him than for me taking a hit."

Vancouver head coach Alain Vigneault, however, was more guarded.

"We'll see how he's doing (Tuesday) and we'll take it from there," he said.

"He's had some real good days. Obviously this is a unique injury and we have to take it a day at a time. We feel real positive with how he looked today."

The Canucks will need Daniel Sedin's offence in their Western Conference series against the eighth-seeded Kings, who were second in the NHL on defence and fourth against the power play.

Vancouver won the Presidents' Trophy for best record in the NHL with victories in eight of their last nine games — all without Daniel.

Fourth-liners such as Max Lapierre and rookie Zack Kassian saw duty on the top line.

"We all know we like to play on the same line and we like to use each other," Henrik said of his brother's return. "I'm sure it's going to be real good.

"He's as good a passer as he is a goal scorer. He tends to often find the guy who's in the best spot."

That will help a punchless power play that was 2-for-36 until it scored twice in seven tries in a 3-0 regular-season finale Saturday against the Edmonton Oilers.

"He'll get us going for sure," defenceman Kevin Bieksa said of Daniel's power-play presence.

Vancouver, which finished 16 points ahead of Los Angeles, had a slight 2-1-1 edge in the teams' season series but was outscored 8-7 over the four games. THE CANADIAN PRESS

Daniel Sedin DOUG PENSINGER/GETTY IMAGES FILE

Evolved

"I don't think we're different. I think we're more experienced and able to deal better with situations."
Ryan Kesler, who believes the Canucks have evolved from their Game 7 loss to the Bruins in last year's Stanley Cup final

NHL. Yakupov sits atop rankings ahead of lottery

Sarnia Sting forward Nail Yakupov was listed as the top North American-based skater in the draft final rankings released by NHL central scouting Monday.

The 18-year-old from Nizhnekamsk, Russia, recorded 31 goals and 69 points in 42 games for the Ontario Hockey League's Sting during an injury-shortened 2011-12 season. Last season, he finished tied for fourth in the OHL with 101 points.

The top European-based skater is Swedish forward Filip Forsberg, who plays for Leksand in his country's domestic league.
THE CANADIAN PRESS

Nail Yakupov with Team Russia during the 2012 world junior hockey championship in Calgary.
RICHARD WOLOWICZ/GETTY IMAGES FILE

NBA

Mavs put Odom on inactive list

The Dallas Mavericks and Lamar Odom are done with each other.

The reigning Sixth Man of the Year and the defending NBA champions who are trying to make sure they get back to the playoffs ended their partnership Monday after an underwhelming 50 games.

"We've got to be able to look down that bench and count on folks to be consistent," general manager Donnie Nelson said. "Unfortunately with him in his state right now, he's just not capable of doing that."
THE ASSOCIATED PRESS

NHL. Toews looking ready ahead of playoffs

Jonathan Toews skated swiftly up the ice as the centre on a star-filled line with Patrick Kane and Marian Hossa. And when it was time to work on the power play, Toews' familiar No. 19 was camped in front of the net.

His presence and energy at Monday's hour-long practice suggests Toews will be ready to return to the Chicago Blackhawks lineup when the playoffs begin Thursday night in Phoenix. The team captain and one of Chicago's biggest stars hasn't played in a game since Feb. 19, missing the final 22 regular-season games with a concussion.

Optimism

Toews teammate Patrick Sharp said if Toews can play, he expects he'll be effective against Phoenix, which beat the Blackhawks three times in four games this season.

"I want to come back to the lineup and fit right in. The boys have been playing really well," Toews said. "At the same time I feel like I have missed out on a lot. When you are out of the lineup for almost two months, you are missing out on a lot of things." THE ASSOCIATED PRESS

MLB

Yu Darvish pitches in Arlington, Texas, on Monday.
RONALD MARTINEZ/GETTY IMAGES

Texas offence comes through in Yu's debut

Yu Darvish overcame a rocky start and got a big boost from the Texas lineup in his major-league debut as the Rangers topped the Seattle Mariners 11-5 on Monday night.

After giving up four runs in the first inning and allowing another run in the second, Darvish settled down and later retired 10 in a row while pitching into the sixth.

Nelson Cruz hit a three-run homer in the third for Texas to tie the game 5-5, then Mitch Moreland and Josh Hamilton both went deep in the fourth to give Darvish an 8-5 lead. Ian Kinsler added a three-run blast in the eighth. THE ASSOCIATED PRESS

NBA

Grizzlies draw closer to Clippers

Marc Gasol scored 18 points, Rudy Gay had 16 and the Memphis Grizzlies held on to beat the Los Angeles Clippers 94-85 on Monday night.

It was Memphis' eighth win in its last 10 games to move a half game back of the Clippers for the fourth seed in the Western Conference.

Chris Paul led Los Angeles with 21 points and six assists, while Blake Griffin had 19 points.
THE ASSOCIATED PRESS

Goodell upholds Saints penalties

NFL. Commissioner turns down appeal from New Orleans coach Payton

Roger Goodell sent a message to every coach and player in the NFL: Safety first. The league commissioner stuck with his punishments for New Orleans' pay-for-pain bounties on Monday, rejecting Saints coach Sean Payton's appeal of a season-long suspension.

An NFL investigation found that, under Payton's watch, an assistant ran a program offering cash payouts for hits that knocked targeted opponents out of games or hurt them so badly they needed help getting to the sideline.

Next on Goodell's agenda: Discipline for players involved in the bounty program that began in 2009, the season the Saints won the Super Bowl.

The Saints case represents perhaps the starkest example yet of the sea change that the NFL has undergone since medical research and media reports on the long-term damage suffered by football players through concussions began to gain attention.

As recently as October 2009, while testifying before Congress, Goodell did not acknowledge a link between head injuries on the field and brain diseases later in life. And hundreds of NFL retirees are now suing the league for health problems they say began with their playing careers.

Yet the league has taken a series of steps to better protect players in the past couple of years, and just last month expanded the definition of "defenceless players" who may not be hit in the head or neck and cannot be hit by someone leading with a helmet.

While NFL veterans say off-the-books incentives have been around for years, and some current players claim tough talk about hitting opponents where they are injured happens in locker-rooms throughout the league, Goodell responded to the Saints case by handing out unprecedented penalties.

In addition to upholding Payton's suspension, which begins next Monday and runs through the Super Bowl in February 2013 — by coincidence, in New Orleans — Goodell also affirmed suspensions of eight games for Saints general manager Mickey Loomis and six games for assistant head coach Joe Vitt. He also kept a $500,000 US fine for the franchise and loss of draft picks this year and next. Loomis, who along with the team declined comment Monday, and Vitt begin their suspensions after the pre-season ends.

The Saints have the not-so-small task of finding an interim coach to replace Payton. They have talked to Bill Parcells, Payton's mentor since their days together in Dallas, about coming out of retirement.
THE ASSOCIATED PRESS

Further penalties?

Former defensive co-ordinator Gregg Williams, who left the Saints in January to join the St. Louis Rams, ran the bounty program and has been suspended indefinitely. He did not appeal.

- Suspensions for New Orleans players who participated in the bounty pool could be coming within days.

Blue Jays drop home opener in packed dome

Toronto starting pitcher Henderson Alvarez throws out the first pitch of the Blue Jays' home opener against the Boston Red Sox in Toronto on Monday night. The Jays led 2-1 in the ninth inning but closer Sergio Santos surrendered three runs and Toronto lost 4-2 to drop to 2-2 on the season. FRANK GUNN/THE CANADIAN PRESS

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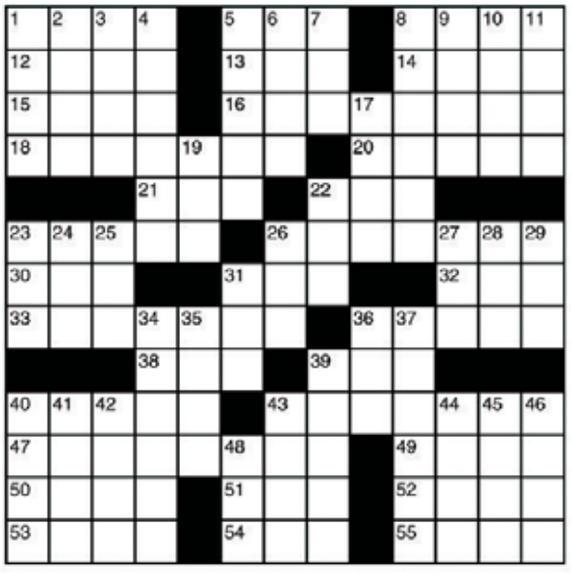
15 Gymnast Korbut
16 Shirk work
18 Greasy-spoon waitress, e.g.
20 Travelocity mascot
21 Buddhist sect
22 Lennon's lady
23 Hickory nut
26 Playboy
30 "That's relaxing"
31 Hasten
32 In olden days
33 Old washer attachment
36 Mountaineer's spike
38 Einstein's birthplace
39 Bart, to Homer
40 Remark to the audience
43 Brandy cocktail
47 TV slugfest host
49 Nastase of tennis
50 Calendar abbr.
51 Parisian pal
52 Dweeb
53 "Meet Me — Louis"
54 "Great Expectations" lad
55 Turns right

Down

1 Andy's pal
2 Lounge about
3 Creche trio
4 Verse
5 19th Amendment beneficiaries
6 Somewhere out there
7 Four qts.
8 Big gun
9 "Les Miserables" author
10 Couple, in a gossip column
11 Heart of the matter
17 "Aqua et — inter-dictus"
19 Army rank (Abbr.)
22 Have bills
23 Handle roughly
24 Listener
25 Greek X
26 Round Table address
27 Roscoe
28 Id counterpart
29 Director Howard
31 Height of fashion?
34 You can't pin anything on him!
35 Singer Campbell
36 Luau bowlful
37 Diamond period
39 Divest
40 Italian wine region
41 Twirled
42 Enrages
43 Big rig
44 Merriment
45 Green land
46 Cincinnati team
48 Space



Sudoku

							2	4
		9			5			
1		2	4		8			
3	7			6		5		9
			9		4			
4		8		1			3	6
			7		9	6		3
			6			8		
5	1							

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	2	5	6	1	4	9	8	3
4	3	8	5	7	9	2	1	6
1	9	6	2	8	3	4	7	5
2	5	3	8	4	6	1	9	7
8	1	7	9	3	5	6	2	4
6	4	9	1	2	7	5	3	8
5	8	2	7	6	1	3	4	9
3	6	1	4	9	8	7	5	2
9	7	4	3	5	2	8	6	1

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

F N W O S M Z B A W W R U W P
J B C N J Z N C F A B D K P ' T S I S O D W
U I D F N W S F F , O N T N W O N E E A S
E N E K S J U F A U W P J U M M S R .

Yesterday's Cryptoquip: IF YOU'RE PLANTING SOME CONIFEROUS TREES, IT'S POSSIBLE THAT YOU MIGHT BE A CEDAR SEEDER.

Today's Cryptoquip Clue: E equals T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 15°/8° Partly sunny
Wednesday 12°/7° Showers
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Horoscope

Aries | March 21 - April 20. Today is the ideal time to think about what you want to do with your life.

Taurus | April 21 - May 21. Your rather reserved exterior masks a passionate heart and with Pluto, planet of passion, moving in your favour today you will surely find something to get worked up about.

Gemini | May 22 - June 20. There is more to leadership than giving orders.

Cancer | June 21 - July 22. Chances are you will be more assertive than normal today, and not everyone will be pleased with that fact.

Leo | July 23 - Aug. 22. For some reason you appear to believe that others are ganging up on you. It's not true.

Virgo | Aug. 23 - Sept. 22. Differences with partners and colleagues and family members have been rather intense of late, but with Pluto now moving in your favour again you will realize that most of them are simply not worth the worry.

Libra | Sept. 23 - Oct. 22. It may annoy you intensely that certain people are taking their time and dragging their feet but what can you do? Don't let your frustration show.

Scorpio | Oct. 23 - Nov. 21. You will be more open and approachable than usual.

Sagittarius | Nov. 22 - Dec. 21. A colleague will make a proposal that is actually quite risky sound like the best offer you've ever had. Hopefully you won't fall for it.

Capricorn | Dec. 22 - Jan 20. Pluto in your sign makes you ultra intense – but only be intense about the right things.

Aquarius | Jan. 21 - Feb 18. Think hard before diving into a situation you know little about. You can't save everyone you know.

Pisces | Feb. 19 - March 20. There have been far too many lies and deceptions lately. Don't get fooled again. **SALLY BROMPTON**

Caption Contest

"101 Dalmatians have nothing on us."
Nancy

BASSEM TELLAWI/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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BLAH HURT NUMB ANGRY ANXIOUS DOWN NOT myself TODAY
EVER HAVE DAYS WHEN YOU DON'T FEEL LIKE YOURSELF?
Find out why paying attention to those feelings is an important part of dealing with your mental health, and why mental health in Canada must change.
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Jewellery Close-Out Sale!

All jewellery priced at below wholesale

Gold jewellery from $20.00 and up!

14kt yellow gold ring with cabochon cut 19.1 carat star sapphire and 18 diamonds (cttw=0.45), 8.7 grams
Appraisal value: $3,800.00
J&M Regular Price $1,699.00
J&M Sale Price $1,105.00

14kt white gold earrings with contoured bandeau fronts and 86 diamonds (1.16 cttw), 7.9 grams
Appraisal value: $2,400.00
J&M Regular Price $925.00
J&M Sale Price $604.00

Our huge selection is price guaranteed to beat any advertised price. All our jewellery would be priced 50% to 70% higher at other stores. Now with an additional 35% off of our every day low prices.

14kt yellow gold dangling earrings set with cubic zircons, 3.36 grams
J&M Regular Price $139.00
J&M Sale Price $90.00

14kt yellow gold ring with triangular cabochon cut ritulated quartz accented by 8 diamonds (0.12 cttw), 13.8 grams
Appraisal value: $2,000.00
J&M Regular Price $635.00
J&M Sale Price $413.00

14kt white gold slide pendant featuring 5 princess cut diamonds (0.64 cttw) surrounded by 29 full-cut diamonds (0.36 cttw) with 14kt white gold 18" modified fox tail link chain, 9.1 grams
Appraisal value: $2,600.00
J&M Regular Price $1,099.00
J&M Sale Price $715.00

18kt white gold bracelet, polished finishing, chess-style diamond cut pattern links, 18.21 grams
J&M Regular Price $1,490.00
J&M Sale Price $968.00

14kt gold bracelet with 36 diamonds (1.08 cttw)
Appraisal value: $6,200.00
J&M Regular Price $2,789.00
J&M Sale Price $1,812.00

10kt yellow gold 'wave'-style hoop earrings, 1.76 grams
J&M Regular Price $85.00
J&M Sale Price $55.00

Pair of vintage dress clips with 4.6 cttw baguette and round diamonds
Appraisal value: $17,800.00
J&M Regular Price $8,495.00
J&M Sale Price $6,496.00

14kt two-toned mens' wedding band, 7.3 grams
J&M Regular Price $473.00
J&M Sale Price $377.00

14kt white gold ring with 17 round brilliant cut diamonds (0.71 cttw) and 16 round emeralds (1.28 cttw), 5.9 grams
Appraisal value: $3,300.00
J&M Regular Price $1,199.00
J&M Sale Price $780.00

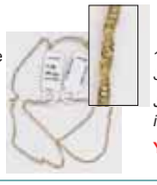
One of the largest selections of rings, earrings, chains and other jewellery, all at every day low prices, with 20% additional savings for a compounded saving!

14kt yellow gold ring featuring a 6.88 ct step cut citrine and two diamonds (0.14 cttw), 5.1 grams
Appraisal value: $1,300.00
J&M Regular Price $439.00
J&M Sale Price $286.00

.950 platinum band, 4.69 grams
J&M Regular Price $565.00
J&M Sale Price $365.00

Dare to compare!
We checked out the competition at mall stores and our every day prices are *still* better than their sale prices!

1.36 gram chain purchased on sale December 30, 2011, for $125.00
J&M every-day price for the same item on that day was $60.93
You would have saved $64.07



1.26 gram chain purchased on sale January 4, 2012, for $128.00
J&M every-day price for the same item on that day $79.13
You would have saved $48.87

J&M Price Comparison

10kt yellow gold Singapore link 18" chain, 0.98 grams
J&M Regular Price $48.00
J&M Sale Price $37.80

Probably the largest jewellery close-out sale ever in the Lower Mainland!

Voted #1 Jewellery Store in the 2011 and 2012 *Readers Choice Awards,* **Stars of Vancouver !**

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